



Safe Sleep and Rest times Policy

1. Introduction

Dubbo and District Preschool Kindergarten Incorporated (includes Buninyong Preschool and will henceforth be referred to as Dubbo and District Preschools) recognises a child's physical and mental rest are important for lifelong health and wellbeing. All children have individual sleep and rest requirements. Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy, and secure in their environment.

1.1 Relevant Legislation & Quality Framework

Education and Care Services National Regulations: 81, 103, 105, 110, 115, 168
Australian Consumer Law 2011 - Australian Competition and Consumer Commission
The NSW Work Health and Safety Act 2011
NSW Work Health and Safety Regulation 2011
National Quality Standard Quality Area 2: Children's Health and Safety: Standards 2.1.1, 2.2, 2.2.1, 3.1

1.2 Links to other Policies

Administration of First Aid Policy
Providing a Child Safe Environment Policy
Enrolment and Orientation Policy
Interactions with Children Policy
Emergency and Evacuation Policy

2. Scope

This policy applies to children, families, carers, staff, and management of the Preschool.

3. Purpose

The Education and Care Services National Regulations require approved providers to ensure that their services have the required policies and procedures in place to ensure the health and safety of all children attending the service.

4. Our Goals

The Dubbo and District Preschools aims to:

- a) Ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs.
- b) Ensure beds/mats that may be provided comply with Australian Standards

5. Our Strategies

The Approved Provider will:

- a) "Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children." (Regulation 81.)
- b) Ensure there are adequate numbers of bedding available to children that meet Australian Standards.
- c) Ensure that areas for sleep and rest are well ventilated and have natural lighting.

The Nominated Supervisor will:

- a) "Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children." (Regulation 81.)
- b) Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.

Educators will:

- a) Consult with families about their children's sleep and rest needs. Educators will be sensitive to each child's needs so that sleep and rest times are a positive experience.
- b) Ensure resting mats are clean and in good repair. Mats to be wiped clean with warm soapy water after each use.
- c) Ensure that bed linen is available if children do not bring their own. Linen to be clean and in good repair.
- d) Bed linen is for use by an individual child and will be washed before use by another child.
- e) Arrange children's beds to allow easy access for children and staff.
- f) Create a relaxing atmosphere for resting children. This may include playing relaxing music or sounds, reading stories, cultural reflection, turning off lights or outside in the fresh air. The environment should be tranquil and calm for both educators and children.
- g) Educators will sit near children who are finding it hard to regulate their bodies, if needed, and support them by encouraging them to relax and listen to music or stories. This supports them to learn self-regulation for lifelong health.
- h) Provide a quiet, tranquil environment, children will choose to sleep if their body needs it. Children will not be prevented from sleeping but may be encouraged to stay awake if requested by parents.
- i) Quiet activities may be provided to children who are not asleep but have had adequate opportunity (10 minutes) to rest and calm their body. This may include a book, and quiet toys.
- j) Encourage children to rest their bodies and minds for 20-30 minutes.
- k) Maintain adequate supervision within sight and hearing distance of sleeping or resting children and maintain educator ratios throughout the rest period.
- l) Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required.
- m) Communicate with families about their child's sleeping or rest times and the service policy regarding sleep and rest times.

- n) Respect family preferences regarding sleep and rest needs of their child and consider these daily while ensuring children feel safe and secure in the environment. Sleep will be recorded daily for families.
- o) Encourage children to dress appropriately for the room/outdoor temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets, and bulky clothing. The temperature will be considered to ensure maximum comfort for the children.
- p) Ensure children rest and sleep with their face uncovered.
- q) Communicate to families the sleeping patterns of their child at preschool.

Families will:

Communicate with educators about the sleeping patterns and preferences of their child.

6. Evaluation

Individual sleep and rest needs are appropriately and respectfully met through regular communication with families.

This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every three years. Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved.

SOURCES/USEFUL RESOURCES

Guide to the National Quality Framework 2018

Guide to the Education and Care Services National Law and the Education and Care Services National Regulations

Standards Australia – www.standards.org.au

ACCC Product Safety Australia - www.productsafety.gov.au/publication/keeping-baby-safe-a-guide-to-infant-and-nursery-products.

The Red Nose Child Care Kit - <https://rednose.com.au/page/child-care-kit>