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2.29 Safe Sleep and Rest Times

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Aim

Bellinghen Preschool will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. The preschool will provide beds that comply with Australian Standards.

Relevant Legislation

- Education and Care Services National Regulations 2018
- Guidelines for SIDS and Kids Safe Sleeping in Childcare Facilities
- Australian Consumer Law 2011 - Australian Competition and Consumer Commission.
- The NSW Work Health and Safety Act 2011 & the NSW Work Health and Safety Regulation 2011

Links to the National Quality Standard:

- 2.1.1 Each child's wellbeing and comfort is provided for including appropriate opportunities to meet each child's need for sleep, rest and relaxation
- 2.2 Each child is protected
- 3.1 The design of the facilities is appropriate for the operation of the service
- 4.1 Staffing arrangements enhance children's learning and development

Key Resources:

- Guide to the National Quality Standard (3) ACECQA (2018)
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2011
- SIDS & Kids Safe Sleeping Kit – www.sidsandkids.org
- Standards Australia – www.standards.org.au
- The Children's Hospital at Westmead – Safety factsheet – Cots and Cot Mattresses, <http://kidshealth.schn.health.nsw.gov.au/sites/kidshealth.schn.health.nsw.gov.au/files/safety-factsheets/cots-and-cot-mattresses.pdf>
- Australian Competition and Consumer Commission (ACCC) – www.accc.gov.au - Cot safety PDF

Practices

The Approved Provider/Nominated Supervisor will:

- "Take reasonable steps to ensure that the needs for sleep and rest of children attending Bellinghen Preschool are met, having regard to the ages, development stages and individual needs of the children." (Regulation 81)
- Ensure there are adequate numbers of beds available to children that meet Australian Standards.
- Ensure that areas for sleep and rest are well ventilated and have natural lighting.

The Nominated Supervisor will:

- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.

Educators will:

- Consult with families about 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.
- Ensure that mattresses are clean and in good repair. Mattresses will be wiped over with warm water and neutral detergent or vinegar each term.
- Ensure that if bed linen is required it is clean and in good repair.
- Arrange children's beds to allow easy access for children and staff.
- Create a relaxing atmosphere for resting children by playing relaxation music, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed. The environment

should be tranquil and calm for both educators and children. Educators will sit near resting children and support them by encouraging them to relax and listen to music or stories.

- Encourage children to rest their bodies and minds for 20-30 minutes. If children are awake after this time, they will be provided quiet activities for the duration of rest time
- Maintain adequate supervision and maintain educator ratios throughout the rest period.
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required.
- Communicate with families about their child's sleeping or rest times and the service policy regarding sleep and rest times.
- Respect family preferences regarding sleep and rest and consider these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to sleep nor prevented from sleeping.
- Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing. The room temperature will be considered to ensure maximum comfort for the children.

Evaluation

Communications with families are maintained to encourage a consistent approach in responding appropriately and respectfully to children's sleep and rest needs. Safe sleeping practices are followed to minimise the risk of harm to children.

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Date endorsed 18th July 2018

Date to be reviewed July 2021