Hills Grammar

Safe Sleep and Rest Policy

Policy Statement

The ECEC will provide time in the day for children to sleep or rest to support healthy growth and development. 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 at all times.

Rationale

Effective sleep and rest strategies are important factors in ensuring a child feels secure and is safe and healthy during their time at the ECEC. The ECEC will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. This policy is based on current research and recommended evidence based principles and guidelines.

Strategies

The Nominated Supervisor will:

- Take reasonable steps to ensure that the needs for sleep and rest of children in the ECEC are met, having regard to the ages, development stages and individual needs of each child.
- Ensure educators take reasonable precaution to protect children from harm and hazard.
- Oversee that areas for sleep and rest are well ventilated and have adequate lighting.
- Ensure that sleep and rest environments are free from cigarette or tobacco smoke.
- Oversee that areas for sleep and rest are established.
- Ensure there is adequate supervision during sleep and rest periods.
- Ensure there are adequate numbers of sleep mats available for the children and check they are in good condition, replacing as required.
- Keep the ECEC Sleep and Rest risk assessment up to date and share this information with ECEC educators.
- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.
- Support all educators to have the knowledge and skills to implement safe sleep and rest practices, develop secure attachments with children and provide sensitive and responsive care.

Educators will:

- Consult with families about children's sleep and rest needs and be sensitive to different values and parenting beliefs and cultures associated with sleep and rest.
- Be sensitive to each child's needs so that sleep and rest times are a positive experience.
- Ensure that sleep mats are clean and in good repair. Sleep mats will be wiped over with soapy water on Wednesday and Friday which is the last day of care for children during the week.
- Ensure sleep mats remain labeled with the children's names.
- Ask families to supply bed linen and support parents to take it home in the afternoon.

- Create a relaxing atmosphere for children by playing relaxation music or reading stories, turning off lights and generally ensuring children are comfortable.
- Sit near sleeping and resting children and support them by encouraging them to relax and listen to music or stories.
- Promote children's agency and decision making by providing routines and environments in both indoors and outdoors, that facilitate sleep and rest opportunities.
- Ensure children will sleep and rest with their face uncovered.
- Encourage children to rest their bodies and minds for 20 minutes.
- Maintain active supervision and maintain educator ratios throughout the rest period. Active supervision includes;
    - Check / inspect children sleeping and resting at regular intervals.
    - Always being within sight and hearing distance of children sleeping and resting so that a child's breathing and colour of their skin can be assessed.
    - Take into consideration the risk of each individual child.
    - Consider the age of the child, medical conditions, individual needs and history of health and / or sleep issues.
- Provide a comfortable, safe a quiet area for children who do not wish to sleep but are showing signs of tiredness.
- Set up the environment to cater for non-resting children, by providing quiet activities whilst giving children who wish to sleep an opportunity to do so.
- 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.
- For children who do not wish to sleep or rest, quiet activities that are not disruptive to sleeping children will be available.
- Communicate with families about their child's sleeping or 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. Sleep and rest patterns will be recorded daily for families on the ECEC sleep and eat charts.
- Provide a spare set of bed sheets for children attending the ECEC who have not brought any. After use by each child, ECEC bed sheets will be laundered at ECEC.

Safe resting practices:

Educators will implement the following safe sleep practices during sleep and rest time:

- Reasonable precaution will be taken to protect children from harm and hazard.
- Children will sleep and rest with their face uncovered. If children place items on their face when sleeping, educators will remove this
- Encourage children will lie on their back to rest. If they turn over during their sleep, allow them to find their own sleeping position but encourage them to lie on their back when first going to sleep. In the event that they move into a different sleeping position such as on their side or tummy, ensure that their face remains uncovered.
- A quiet, well ventilated and comfortable place will be designated for sleep and rest.
- Children will not be forced to sleep nor prevented from sleeping.
- Adequate supervision will be maintained at all times.

Families will:

- Regularly update the ECEC on their child's sleeping routines and patterns.
- Provide informal updates on the previous night's sleep to assist with sleeping during the day.

- Provide sheets for sleep and or rest for the child.
- Dress their child appropriate for the weather conditions and provide additional clothing.

Statutory Legislation and Considerations

Education and Care Services National Law Act 2010

Education and Care Services National Regulations

Guide to the National Quality Standard ACECQA

Sources

Community Early Learning Australia www.cela.org.au

Australian Children's Education and Care Quality Authority (ACECQA) www.acecqa.gov.au

Australian Childcare Alliance www.childcarealliance.org.au

Red Nose www.rednose.com.au

Review

This policy is reviewed by management, employees and families as required or when legislative requirements change.

Families and staff are essential stakeholders in the policy review and will be given opportunity and encouragement to be actively involved.