



SAFE SLEEP AND REST POLICY

All children have individual sleep and rest requirements which we understand and value. We provide an environment rich in communication and supervision that ensures children are safe, healthy and secure while attending the centre.

We will be responsive to children's need for sleep, rest and relaxation in accordance with their individual needs. We will supply mattresses which comply with Australian Standards. We will ensure we are aware of and comply with current evidence based safe sleep practices and environments to reduce the risk of sudden unexpected death in infancy (SUDI).

We will comply with *Education and Care Services National Law (South Australia)* and *Education and Services National Regulations - Regulation 81 Sleep and Rest*.

Related regulations 82, 103, 105, 110, 115, 168 and 169.

We will model and promote safe sleeping practices and environments to families with infants and young children.

We will follow the Department for Education *Safe sleeping and resting for infants and young children* procedure.

National Quality Standards (NQS)

Quality Area 2: Children's Health and Safety

2.1	Health	Each child's health and physical activity is promoted.
2.1.1	Wellbeing and comfort	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	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

The nominated supervisor will:

- take reasonable steps to ensure that the needs for sleep and rest of children within our centre are being met, having regard to age, development, individual needs of children and length of program
- maintain up to date knowledge regarding safe sleep practices and communicate information to educators and families
- ensure all staff are inducted and clear about this policy and safe sleep practices and complete the safe sleeping checklist for infants and young children – Appendix 2 in the Department for Education (South Australian) *Safe sleeping and resting for infants and young children* procedure.

Educators will:

- consult with families about their children's rest and sleep needs
- be sensitive to children's individual needs, supporting sleep and rest times to be a positive experience
- ensure that mattresses are clean and in good repair
- ensure that bed linen is clean and in good repair before each use
- ensure bed linen is for single use by an individual child and is washed following that use
- arrange mattresses to allow easy access and adequate supervision
- maintain adequate supervision, including checking each child at 10 minute intervals and complete the recording sheets to ensure adequate supervision during sleep times is documented
- assess each child's age, development, circumstances and current medical and/or health condition to determine whether increased supervision and regular checks may be required
- communicate with families about their child's sleeping and resting patterns/needs and the centre's policy on safe sleep and rest
- put children to sleep using safe infant sleep practices
- posters in sleep areas will be displayed to support and guide all staff in safe and recommended sleep practices (posters will not be displayed on windows where visual supervision may be hindered)
- maintain good manual handling practices when lifting babies in and out of cots or beds to ensure good back care and Work Health and Safety matters
- participate in staff development about safe sleep practices

When a child falls asleep or requests a sleep educators will contact the child's family to check requirements for sleep and to see if the family would prefer to pick up early.

This Kindergarten does not use prams, pushers, bouncinettes or rockers as a sleeping environment for children as they are deemed unsafe.

This policy will be reviewed annually by our Parent Committee, staff, families and any interested parties and will include updated information in accordance with any new research or learnings at the time.

Reviewed 2021 Next Review 2023