

Sleeping and Rest Requirements Policy

This policy is current as of June 2022 and will be reviewed in June 2024, or as required. This policy has been derived and is based from the following specialist sources:

- SIDS & Kids Safe Sleeping Kit – www.sidsandkids.org
- Standards Australia – www.standards.org.au
- Safe sleep and rest practices from October 2017 (ACECQA)
- Revised National Quality Standards: Quality Area 2 – Children’s Health and Safety and Quality Area 3 – Physical Education
- Red Nose – <http://rednose.com.au/section/safe-practice>
- Education and Care Services National Regulations 2011: Children (Education and Care Services) National Law – Regulation 81, 103, 105, 110, 115 and 168

To create a safe sleeping environment our centre will make sure that our staff:

- Will follow the child care practices recommended by Sids and Kids to reduce the risk of SIDS and create a safe sleeping environment.
- Will inform parents or caregivers of the recommendations by Sids and Kids for Safe Sleeping practices.
- Will not use high risk sleeping practices that do not comply with Sids and Kids Safe Sleeping recommendations. Babies under 12 months of age should not be placed on their tummy or side to sleep. If told to do so, it must be in writing, signed by the child’s practitioner.
- Will receive training on Safe Sleeping practices. This will be included as part of staff induction.

We understand that to reduce the risk of SIDS we need to:

- Put babies to sleep on their back.
- Put babies to sleep ensuring that their face is uncovered.
- Place babies feet at the bottom of the cot, tucking in blanket at the sides and end of the cot. This will prevent baby from wriggling under the bedclothes.
- Keep babies smoke free.
- Monitor the sleeping of babies under 12 months at least every 10 minutes and document observations. Check babies breathing, rise and fall of chest and babies colour and sleep position.

To prevent serious sleeping accidents, staff at this centre will use:

- A safe cot meeting the Australian Standard 2172.
- A safe mattress meeting the Australian Standard 2195. The mattress and the bedding will be regularly cleaned.
- Safe bedding will be used. No pillows, cot bumpers, doonas, duvets and soft toys will be used in the cot, as these may cover a baby’s face whilst sleeping making breathing difficult. Comforting toys will be removed from the child once the child is asleep.
- Only cotton or muslin will be used if babies need to be swaddled.

We encourage you to visit www.sidsandkids.org for further information on safe sleeping. Children who stand up in their cot and may be at risk of climbing out or falling from the cot, will be transitioned to a mattress on the floor after consultation with the child’s family. This may be any time from the age of 18 months. All children from the age of 2 years will be transitioned to a mattress on the floor.

Jumpers with hoods or cords will be removed at sleep/rest time as these may get tangled around a child's neck causing choking.

Tracksuit pants are recommended for sleep time during the cooler months, as they provide more comfort and warmth for the child, giving them more flexibility and being less restrictive than jeans.

No child will be put down to rest/sleep with a bottle. The child will be fed prior to lying down for sleep or other times throughout the day.

In thinking about sleep, rest and relaxation practices, consider the 5 principles of S.L.E.E.P:

S - Sleep Need

Identify and respond to each child's needs

L - Learning and Growth

Use sleep, rest and relaxation as opportunities for learning

E - Environments

Provide a safe, predictable and supportive environment

E - Expectations

Be flexible in your expectations

P - Partnerships

Build partnerships to support sleep regularity and routine