

Safe Sleep and Rest Procedure

Children have different sleep, rest and relaxation needs. Children of the same age can have different sleep patterns, which is taken into consideration at JB Cleland Kindergarten.

The following principles have informed our sleep and rest procedures at JB Cleland Kindergarten.

- Effective sleep and rest strategies are important factors in ensuring a child feels secure and is safe at a service.
- Approved providers, nominated supervisors and educators have a duty of care to ensure children are provided with a high level of safety when sleeping and resting and every reasonable precaution is taken to protect them from harm and hazard.
- Approved providers are responsible for ensuring sleep and rest procedures are in place.
- Procedures should be based on current research and recommended evidence-based principles and guidelines. [Red Nose](#) (formerly SIDS and Kids) is considered the recognised national authority on safe sleeping practices for infants and children.
- Regularly review and update sleep and rest procedures to ensure they are maintained in line with best practice principles and guidelines.

Providing a safe sleeping/resting environment:

- Children should sleep and rest with their face uncovered.
- A quiet place should be designated for rest and sleep, the top room is used as a quiet space. It designated for rest, the space should allow for a calm play experience.
- Site leaders/teachers must ensure that sleeping environments are assessed to identify and remove all potential hazards. The floor is to be clean and free from hazards.
- When consider supervision requirements of sleeping children, an assessment of each child's circumstances and needs should be undertaken to determine any risk factors. Eg A higher risk may be associated with children with colds or chronic lung disorders, they may require a higher level of supervision while sleeping.
- Sleeping children should always be within sight and hearing distance so that educators can assess the child's breathing and colour of their skin to ensure their safety and wellbeing.
- Ensure that areas for sleep and rest are well ventilated and have natural lighting

- The sleep and rest environment and equipment will be safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards.
- A clean bedding pack is stored in the office cupboard – clean cot sheet and blanket, these are washed after each use.
- The mattress is sanitised after each use.

Supervision and Monitoring:

- Supervision planning and the placement of educators across a service should ensure educators are able to adequately supervise sleeping and resting children.
- Educators should closely monitor sleeping and resting children and the sleep and rest environments. This involves checking/inspecting sleeping children at regular intervals, and ensuring they are always within sight and hearing distance of sleeping and resting children so that they can assess a child's breathing and the colour of their skin.
- All children must be adequately supervised at all times. Check children at 15 minute intervals.
- Service providers should consider the risk for each individual child, and tailor Sleep and Rest Policies and Procedures (including the frequency of checks/inspections of children) to reflect the levels of risk identified for children at the service. Factors to be considered include the age of the child, medical conditions, individual needs and history of health and/or sleep issues.

A collaborative Partnership with Families:

- Families are informed of the service's safe sleep/rest procedure and practices during orientation. There is no set sleep time
- Services should consult with families about their child's individual needs and be sensitive to different values and parenting beliefs, cultural or otherwise, associated with sleep and rest.
- Communicate with families about their child's sleeping or rest times and the service policy regarding sleep and rest times

Date Reviewed: November 2021

