

Sleep and Rest Policy

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs 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.

QUALITY AREA 3: PHYSICAL ENVIRONMENT		
3.1	Design	The design of the facilities is appropriate for the operation of a service.
3.1.2	Upkeep	Premises, furniture and equipment are safe, clean and well maintained.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
81	Sleep and Rest
103	Premises, furniture and equipment to be safe, clean and in good repair
105	Furniture, materials and equipment
110	Ventilation and natural light
115	Premises designed to facilitate supervision
168	Education and care service must have policies and procedures

RATIONALE

KAZ Early Learning Centre understands the importance of the children's need to rest during the day, and will ensure the individual needs of each child for appropriate relaxation from physical activity during their day is provided.

Although children may not sleep they will be encouraged to relax quietly providing an opportunity to learn and practice relaxation skills.

KAZ Early Learning Centre will provide beds that comply with Australian Standards. The risk of Sudden Unexpected Death will be minimised by following practices and guidelines set out by health authorities.

AIM

To provide sleep and relaxation routines that meet the individual needs, ages and developmental stages of each child. To also accommodate individual needs for rest outside this time.

To ensure that sleep and relaxation times are pleasant and safe experiences for all children.

To provide a range of active and restful experiences throughout the day and support children to make appropriate decisions regarding their participation in activities and experiences.

WHO IS AFFECTED BY THIS POLICY?

Child
Staff
Families
Management

IMPLEMENTATION

At KAZ Early Learning Centre we acknowledge the individual needs of families and their children in regards to rest and sleep. We seek to work together to effectively cater for your child's needs.

Parents/guardians are to advise educators/staff at enrolment of any special patterns or cultural practices that your child has which will enable us to maintain consistency and continuity with practices at home. It is also important to update this information throughout your child's time in care or as special circumstances arise – e.g. your child had a restless night and may need to go to sleep earlier, or your child slept in and may not need a sleep. You can do this verbally or in the communication book.

Educators will assist children to settle during sleep and relaxation times and will constantly supervise comfortable sleep or relaxation time.

Educators will ensure children are dressed appropriately for sleep/relaxation (Refer to *Clothing Policy*).

Educators will ensure the room is well ventilated and the temperature is regulated to a comfortable level.

Educators/staff endeavor to ensure sleep and rest routines are positive experiences. This is achieved by encouraging children to bring a favorite toy or other comforters, familiar bedding, as well as the use of soft music. Educators/staff interactions also facilitate a positive atmosphere. Educators/staff will also provide feedback about your child's sleep patterns via the eat/sleep charts or day book, and verbally as required.

Educators/staff will not force a child to sleep nor will they deprive a child from sleeping.

Adults requiring a rest must do so in the space allocated to staff e.g. staff room, and ensure that educators: child ratios are met before leaving the playroom.

Please provide bedding for your child. Bed linen is sent home on a weekly or fortnightly basis depending on how many days your child attends.

Current information on sleep equipment and safe sleeping practices from recognised authorities is available to staff and families on request.

Current Recommended Evidence-Based Practices

Safe Sleeping Practices all ages
Face should be uncovered
A quiet place should be provided
Sleep and rest equipment should be safe and free from hazards
Adequate supervision of all children should be considered when placing staff while children are sleeping
Children should be closely monitored while sleeping eg checking at regular intervals to ensure breathing and colour of their skin

Educators/staff will at all times meet the National Regulations:

- To ensure that bedding is arranged to prevent cross infection.
- Allow easy access and exit of children.
- The sleep/rest area is adequately ventilated and has natural light.
- No child sleeps in the same room that an adult sleeps in.

All beds and mattresses will be appropriately cleaned and maintained. Beds are wiped and washed daily with detergent. When beds are soiled they are washed with disinfectant immediately.

The Approved Provider/Nominated Supervisor will ensure that this policy is maintained and implemented at all times.

KAZ Early Learning Centre Related Policies and Procedures:

Clothing Policy

Hygiene and Infection Control

Related Statutory Obligations & Considerations

Australian Children's Education and Care Quality Authority (ACECQA)

<http://www.acecqa.gov.au/>

Australian Competition & Consumer Commission

<https://www.accc.gov.au/>

https://www.productsafety.gov.au/system/files/Keeping%20baby%20Safe_0.pdf

Children (Education and Care Services) National Law (NSW) No 104a

<https://www.legislation.nsw.gov.au/#/view/act/2010/104a/full>

Department of Education

<http://www.dec.nsw.gov.au/what-we-offer/regulation-and-accreditation/early-childhood-education-care>

Early Years Learning Framework (EYLF)

http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-Kit/belonging_being_and_becoming_the_early_years_learning_framework_for_australia.pdf

Education and Care Services National Regulations

<http://www.legislation.nsw.gov.au/#/view/regulation/2011/653>

National Quality Framework (NQF)

<http://acecqa.gov.au/national-quality-framework/>

Red Nose

<https://rednose.com.au/article/what-is-a-safe-cot>

<https://rednose.com.au/section/safe-sleeping>

Related Telephone Numbers

- Early Childhood Directorate -1800 619 113
- Department of Health - 1800 020 103
- Kidsafe – 02 9845 0890
- Rednose - 1300 998 698

REVIEW

This policy will be updated to ensure compliance with all relevant legal requirements every year. Appropriate consultation of all stakeholders (including staff and families) will be conducted on a timely basis. In accordance with Regulation 172 of the *Education and Care Services National Regulation*, families of children enrolled will be notified at least 14 days and their input considered prior to any amendment of policies and procedures that have any impact on their children or family.

DATE ISSUED	October 2019	REVIEW DATE	October 2020
Amendment		Safe sleeping practices updated	

Family, Educator and Staff Comments: