



Policy Document No: ELC11  
Category: Early Learning  
Topic: Sleep and Rest Policy

Date of issue: April 2007

Last Review Date: May 2018

### Considerations

Children's health and wellbeing is fundamental to their development.

**Children's needs:** A safe and caring environment in which children's need for sleep, rest and comfort is met.

**Families' needs:** Their child's health wellbeing and safety are of utmost importance and their routines for sleep and rest which are in place at home are carried through to child care whenever possible; cultural needs recognised

**Staff needs:** A comfortable, safe sleep environment for children which meets each child's individual needs; information on latest research and best practices that reduce the risk of SIDS; strategies to monitor care during sleep and rest times

**Management needs:** Ensure all equipment provided meets Australian Standards; ensure staff have up to date information on best practice

### Background and Legislation

*Education and Care Services National Regulations Part 4, Reg.81. Ministerial Council For Education, Early Childhood Development and Youth Affairs, 2011*

*Guide to the National Quality Standard, Standard 2.1.2*

*SIDS and Kids Child Care Kit*

*SIDS and Kids Victoria Safe sleeping Guide*

*SIDS and Kids Victoria flyer and newsletters*

### Policy Statement

Staff will consult with families at all times in regard to their child's sleeping/rest patterns and will develop procedures to ensure each child's individual needs are met. Sleep procedures and sleep equipment will take into account current health and safety advice from recognized health and safety authorities. There will be a comfortable place provided for children at all times.

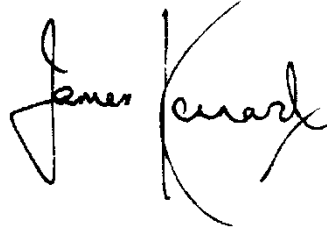
### How the policy will be implemented: specific practices & procedures

- Staff will provide an opportunity for children to sleep/rest within the centre's routine.
- Educators understand that sleep, rest and relaxation provide important opportunities to discuss and learn about self regulation and is critical for children's health, learning and behaviour.
- Educators are aware that children have different sleep, rest, relaxation needs depending on their individual development and the needs of the families.
- Children will not be forced to sleep at any time. Children who do not wish to sleep are provided with alternative quiet activities and experiences, whilst those who do wish to sleep are allowed to do so without being interrupted.
- Sleep/rest times will be regarded as a positive, pleasant experience within the centre and staff will make every effort to provide a relaxing and comfortable sleep environment for all children.
- Staff will ensure children are dressed appropriately for the room temperature and supervised appropriately (within direct sight and sound) whilst sleeping. Educators will closely monitor sleeping and resting children which involves checking sleeping children at regular intervals.
- Comforters and or / security toys may be brought in for sleep/rest periods, however such items must not impact on the safety of children whilst sleeping. in accordance with SIDS and Kids recommendations. no doonas, large pillows and large soft toys will be allowed at the centre during sleep/rest periods.
- Children should rest and sleep with their faces uncovered.
- Each child will provide their own bedding which will be washed at home at least once per fortnight or after soiling.
  - Staff will create a safe sleep/rest environment by ensuring that:

- Room is free from smoke and fumes.
- There are no dangling cords or strings.
- Beds are placed away from heaters or electrical appliances (SIDS and Kids Victoria Sleeping Guide).
- Sleeping equipment at the centre will adhere to Australian Standards and current Health and Safety advice from recognized authorities.
- The centre will provide information for parents on current safe sleeping practices.

Approved by the College Principal;

Date: May 2018

A handwritten signature in black ink, appearing to read "James Kennedy". The signature is written in a cursive style with a large, stylized 'K'.