

PROVISION OF CARE– Sleep and Rest for Children

National Quality Standards

Quality Area 2: Children’s Health and Safety		
2.1	Health	Each child’s health and physical activity is supported and promoted
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

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 services must have policies and procedures

Related policies:

- Sleeping, beds, cots and bedding
- Dignity and rights of the child
- Parent access to children and information

Purpose:

To ensure the safety, health and wellbeing of children attending education and care services. Effective sleep and rest practices support each child’s wellbeing and comfort and include appropriate opportunities to meet each child’s need for sleep, rest and relaxation (Element 2.1.1). These strategies reinforce children’s rights to quality education and care in an environment that provides for their health and safety.

Scope:

These guidelines will apply to the Approved provider, nominated supervisor, certified supervisor, educators, staff, students on placement, volunteers, parents, children and others attending the service.

Policy:

Mt Alexander Family Day Care wants to ensure that reasonable steps are taken to maintain the needs for sleep and rest of children being educated and cared for by our Family Day Care Educators. We acknowledge that children have different needs in regard to the ages, development stages and individual needs of the children.

Implementation:**The Approved Provider will:**

- Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children.
- Ensure there are adequate numbers of cots and bedding available to children that meet Australian Standards.
- Ensure that all cots meet AS/NZS 2172 standards
- Ensure that areas for sleep and rest are well ventilated and have natural lighting.
- Ensure that supervision windows will be kept clear to ensure safe supervision of sleeping children

The Family Day Care Coordinator will:

- Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the Service are met, having regard to the ages, development stages and individual needs of the children.
- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to Educators and families.
- Ensure FDC educators receive information and training to fulfil their role effectively, including being made aware of the sleep and rest policies, their responsibilities in implementing these, and any changes that are made over time.
- Ensure the sleep and rest environment is free from cigarette or tobacco or any smoke

Educators will:

- Consult with families about children's sleep and rest needs
- Be sensitive to each child's needs so that sleep and rest times are a positive experience
- Ensure that beds/mattresses are clean and in good repair
- Ensure beds and mattresses are wiped over with warm water and neutral detergent or vinegar between each use
- Ensure that bed linen is clean and in good repair
- Ensure the child's safety is always the first priority
- Ensure that sleeping infants are closely monitored and that all sleeping children are within hearing range and observed. This involves checking/inspecting sleeping children at regular

intervals and ensuring that they are always within sight and hearing distance of sleeping and resting children so they can easily monitor a child's breathing and the colour of their skin.

- Ensure bed linen is used by an individual child and will be washed before use by another child
- Arrange children's beds and cots to allow easy access for children and staff
- Create a relaxing environment for sleeping children by playing relaxation music, reading stories, cultural reflection; turning off lights and ensuring children are comfortably clothed.
- The environment is tranquil and calm for both Educators and children
- Sit near children encouraging them to relax and listen to music
- Remember that children do not need to be "patted" to sleep. By providing a quiet, tranquil environment, children will choose to sleep if their body needs it.
- Maintain adequate supervision
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required
- Communicate with families about their child's sleeping or rest times and the service routine regarding sleep and rest times
- Respect family preferences regarding sleep and rest and consider these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to sleep nor prevented from sleeping.
- Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing.
- Ensure children rest/sleep head to toe to minimise the risk of cross infection
- Monitor the room temperature to ensure maximum comfort for the children
- Ensure that each child's comfort is provided for
- Ensure there are appropriate opportunities to meet each child's need for sleep, rest and relaxation
- Ensure that children who do not wish to sleep are provided with alternative quiet activities and experiences, while those children who do wish to sleep are allowed to do so, without being disrupted. If a child requests a rest, or if they are showing clear signs of tiredness, regardless of the time of day, there should be a comfortable, safe area available for them to rest (if required). It is important that opportunities for rest and relaxation, as well as sleep, are provided.
- Consider a vast range of strategies to meet children's individual sleep and rest needs
- Respond to children's individual cues for sleep (yawning, rubbing eyes, disengagement from activities, crying etc)

- Acknowledge children's emotions, feelings and fears
- Develop positive relationships with children to assist in settling children confidently when sleeping and resting

Source:

- Guide to the National Quality Standards ACECQA (2011)
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2011
- SIDS & Kids Safe Sleeping Kit – Red Nose - <https://rednose.org.au/section/safe-sleeping>
- <http://kidshealth.schn.health.nsw.gov.au/sites/kidshealth.schn.health.nsw.gov.au/files/safety-factsheets/cots-and-cot-mattresses.pdf>
- Community Early Learning Australia- Safe sleep and Rest Time <http://cccncsw.org.au/>

Review:

Created: December 2019

Review: March 2020