

**FACILITIES – SLEEPING / BEDS, COTS AND BEDDING**

**POLICY**

The provision of adequate bedding is necessary to ensure that children have individual access to a bed and the provision of individual bed linen.

The Family Day Care home shall have sleeping facilities which enable a number of children to sleep or rest at any one time.

Different cultural groups may prefer a particular style of bedding which their children will be accustomed to. Educators and Parents need to talk about individual children's sleeping habits and preferences.

**PROCEDURE**

1. There must be one bed/mattress or other age and culturally appropriate bedding for sleeping/resting for each child requiring a sleep.
2. There must be individual clean bed linen for each child.
3. Children from more than one family aged over five years and of different sexes must be provided with separate sleeping rooms.
4. Top Bunk beds must not be used or accessible for children under eight years of age.
5. A standard fixed cot is required for all babies sleeping overnight.
6. All fixed and portable cots must meet Australian Standards (see Appendix 1).
6. Close supervision is necessary for babies napping in portable cots.
7. Educators must check stability of locking devices on portable cots before each use.
8. Manufacturers' guidelines to be adhered to (eg. re: weight requirements).