

Document Name	Document Version Number	Review Date
Safe Sleep and Rest Time Policy	1.0.2	March 2021
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25 September 2019	5403	Revised

Purpose

All children have individual sleep and rest requirements. Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment.

Scope

Approved Provider, Nominated supervisor, Early Childhood educators, casual staff and families

RELATED GUIDELINES, STANDARDS, FRAMEWORKS

National Quality Standard, Quality Area 2: Children's Health and Safety – Standard 2.1, 2.2

National Quality Standard, Quality Area 7: Governance and Leadership – Standard 7.1, Elements 7.1.2, 7.1.3

Definitions

The education and care service will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. The education and care service will provide beds and cots that comply with Australian Standards. The risk of Sudden Infant Death Syndrome (SIDS) will be minimised by following practices and guidelines set out by health authorities.

Policy Content

- "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." (Regulation 81.)
- Ensure there are adequate numbers of cots and bedding available to children that meet Australian Standards.
- Ensure that all cots meet AS/NZS 2172 and should carry a label to indicate this.
- 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. Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.

Links to Policy

Clothing and Footwear
Guidelines & Agreements for Enrolment
Dental Health
Supervision
Family Communication and Participation
Enrolment and Orientation
Interactions with Children
Clean and Maintain the Environment
Toileting and Nappy Change

Links to Procedure

Safe Sleep and Rest Time Procedure

Links to Forms

Sleep Record

References

Guide to the National Quality Standard (3) ACECQA (2017)
Guide to the Education and Care Services National Law and the Education and Care Services
National Regulations ◁ SIDS & Kids Safe Sleeping Kit – www.sidsandkids.org
Standards Australia – www.standards.org.au ◁ ACCC Product Safety Australia -
www.productsafety.gov.au/publication/keeping-baby-safe-a-guide-to-infant-and-nursery-products
The Red Nose Child Care Kit - <https://rednose.com.au/page/child-care-kit>

Responsibility

Nominated Supervisor

Document Author

Nominated Supervisor

Relevant Legislation

Education and Care Services National Regulations: 81, 103, 105, 110, 115, 168
Guidelines for SIDS and Kids Safe Sleeping in Childcare Facilities
Australian Consumer Law 2011 - Australian Competition and Consumer Commission
The NSW Work Health and Safety Act 2011 & the NSW Work Health and Safety Regulation 2011

Associated Records

Nil