

SLEEP AND REST PROCEDURE

Our Service will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. The risk of Sudden Infant Death Syndrome (SIDS) for infants will be minimised by following practices and guidelines set out by health authorities.

This procedure, in conjunction with the *Sleep and Rest Policy*, provides detailed steps for educators to ensure a safe and secure environment is provided for children during sleep and rest periods.

Education and Care Services National Law or Regulations (R. 81, 84A, 84B, 84C, 84D, 87, 103, 105, 106, 107, 110, 115, 168, 170, 171 and 176) NQS QA 2 and 3: Element 2.1.2, 2.2.2 and 3.1.2 Health and Physical Environment practices and procedures Related Policy: Sleep and Rest Policy

TO ENSURE A SAFE AND SECURE REST TIME ENVIRONMENT FOR ALL CHILDREN		
1	The approved provider, nominated supervisor and educators will review and update the <i>Sleep and Rest Policy</i> every year	
2	Educators will maintain up to date knowledge regarding safe sleeping practices and attend staff development about safe sleeping practices (Red Nose)	
3	Educators will consult with families regarding individual children's sleep and rest needs and record individual sleep/rest patterns for families each day	
4	The approved provider will ensure there are adequate number of cots and bedding available to children that meet mandatory Australian Standards	
5	Educators will ensure that beds/mattresses and bed linen in clean and in good repair and used for the correct purpose of sleep and rest only	
6	Educators will wipe over each bed and mattress with warm water or a disinfectant	
7	Educators will ensure bed linen is used by an individual child and washed before use by another child	
8	Educators will ensure all children are placed in a head-to-toe position with adequate spacing between beds to minimise the possibility of cross contamination between children	
9	Educators will ensure the area for sleep and rest is well ventilated	
10	Educators will create a relaxing environment for sleeping children by playing soft relaxing music in the background, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed	

11	Educators will sit near children who are resting and encourage them to relax and/or listen to music -	
12	Educators will ensure the children's rest environment is free from all hazards, including cigarette or tobacco smoke	
13	The Nominated Supervisor and educators will ensure the rest environment, equipment and materials will be safe and free from hazards as detailed in the Service's <i>Work, Health and Safety Policy</i> and the <i>Furniture and Equipment Safety Policy</i>	

TO ENSURE A SAFE AND SECURE REST TIME ENVIRONMENT FOR BABIES AND TODDLERS

1	Educators will place babies on their back to sleep. Babies aged younger than 5-6 months should be re-positioned onto their back, for babies who roll on their own they can be left to find their own preferred sleep or rest position.	
2	Educators will ensure bed linen is securely tucked underneath the mattress	
3	Educators will ensure no soft bedding is placed in the sleep environment (pillows, doonas, loose bedding, lambswool or soft toys)	
4	Educators are to use lightweight wraps if baby is wrapped to sleep, consider leaving their arms free once the startle reflex disappears around 3 months, and discontinue the use of a wrap once the baby can roll from back to tummy to back again	
5	Educators will remove bibs and clothing with hoods before settling an infant to sleep	
6	Educators will ensure babies or toddlers will rest with their face uncovered	
7	Educators will ensure young children are not moved from a cot to bed too early, or be kept in a cot for too long	
8	Educators will securely lock cot sides in place when children are placed in the cot	
9	Educators will check/inspect sleeping children by physically observing babies and toddlers breathing and checking the colour of their skin at regular intervals and supervise the rest environment as per licensing regulations/best practice standards	
10	Educators will record sleep checks on the <i>Safe Sleep Record</i>	
11	Educators will inform families of the length of time a child sleeps during the day via the daily routine sheet	

TO ENSURE A SAFE AND SECURE REST TIME ENVIRONMENT FOR PRESCHOOL AGE CHILDREN		
1	Educators will be respectful for children's individual sleep and rest requirements and consult with families and children in decision making	
2	Educators will not force children to lie down or sleep	
3	Educators will create a tranquil and calm environment for children, both inside and outside, to retreat to at any time during the day to rest. Educators may play soft relaxing music in the background, read stories, turn off lights	
4	Educators will encourage children to rest their bodies and minds for 20-30 minutes at a designated time in the daily routine. Educators will provide quiet activities for children (puzzles, books, drawing) if they do not fall asleep	
5	Educators will allow a child to find their own sleeping position if they turn onto their side or stomach during sleep	
6	Educators will ensure children sleep or rest with their face uncovered	
7	Educators will allow children to sleep with a pillow and sheet/or blanket	
8	Educators will closely monitor sleeping children and ensure 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 and supervise the rest environment as per licensing regulations/best practice standards	
9	Educators will inform families of the length of time a child sleeps during the day via the daily routine sheet	

RISK ASSESSMENT		
1	The approved provider will complete a comprehensive risk assessment in order to identify any potential risk/s or hazards and ensure the safety of all children during sleep and rest.	
2	The risk assessment will be developed in consultation with educators, families and, where possible, children	
3	The approved provider will review the risk assessment annually	
4	The approved provider will review the risk assessment following any incident or circumstance where the health, safety or wellbeing of children may be compromised.	
5	If a risk concerning a child's safety during sleep and rest is identified during the risk assessment, the approved provider will update the <i>Sleep and Rest Policy</i> and procedure as soon as possible.	

6	<p>The risk assessment will contain the information as prescribed within the <i>Sleep and Rest Policy</i> including but not limited to:</p> <ul style="list-style-type: none"> • the age, developmental stages and individual needs of children • the sleep and rest needs of children being educated and cared for (including health care needs, cultural preferences, sleep and rest needs of individual children and requests from families about a child's sleep and rest) • the suitability of staffing arrangements to adequately supervise and monitor children during sleep and rest periods • the level of knowledge and training of staff supervising children during sleep and rest periods • the location of sleep and rest areas, including the arrangement of cots and beds within the sleep and rest areas • the safety and suitability of any cots, beds and bedding equipment, having regard to the ages and developmental stages of the children who will use the cots, bed and bedding equipment • any potential hazards <ul style="list-style-type: none"> ○ in sleep and rest areas ○ on a child during sleep and rest periods • the physical safety and suitability of sleep and rest environments (including temperature, lighting and ventilation) • in the case of a family day care service that provides overnight care to a child, any risks that the overnight care provided at the family day care residence or approved family day care venue of the service may pose to the safety, health or wellbeing of the child
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ADMINISTRATION OF FIRST AID PROCEDURE	
1	Educators are to perform immediate First Aid if the child's face/body appears blue and the child is not breathing, including calling an ambulance and beginning resuscitation
2	The <i>Administration of First Aid Policy</i> and procedure is to be followed
3	The nominated supervisor will ensure an <i>Incident, Injury, Trauma and Illness Record</i> is completed in its entirety
4	The nominated supervisor will ensure the parent and the regulatory authority are notified as soon as possible and within 24 hours of a serious incident.

REVIEW OF PROCEDURE			
Date procedure created	Kumari Van der Meer & OSHC & Early Years team	To be reviewed	September 2024
Approved by	Kumari Van der Meer	Signature	<i>Kvandermeer</i>
Procedure Reviewed Date	Modifications/Changes		
September 2023	<p>Title change of procedure from Rest Time Procedure to <i>Sleep and Rest Procedure</i>. New sections added for Risk Assessment and Administration of First Aid</p> <p>Procedure reviewed in line with new regulation requirements effective from October 2023</p>		
March 2022	Procedure reviewed: minor grammar changes, additional text regarding policy review		