



Sleep and Rest Policy -NB

All children have individual sleep and rest requirements. Our objective is to meet these needs by providing a comfortable, relaxing and safe space to enable their bodies to rest. This environment will also be well supervised ensuring all children feel secure and safe at our school.

NATIONAL QUALITY STANDARD (NQS)

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.

QUALITY AREA 3: PHYSICAL ENVIRONMENT		
3.1	Design	The design of the facilities is appropriate for the operation of a School.
3.1.2	Upkeep	Premises, furniture and equipment are safe, clean and well maintained.

EDUCATION AND CARE SCHOOLS 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 School must have policies and procedures
176	Time to notify certain information to Regulatory Authority

RELATED POLICIES

Work Health and Safety Health and Safety	Nursery Furniture and Equipment Safety Policy
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PURPOSE

Our School 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.

If a family's beliefs and requests are against current recommended evidence-based guidelines, our School will need to determine if there are exceptional circumstances that allow for alternate practices.

Our School will only approve an alternative practice if the School is provided with written advice from, and the contact details of a registered medical practitioner accompanied by a risk assessment and risk minimisation plan for individual children. We have a duty of care to ensure children are provided with a high level of safety when sleeping and resting and every reasonable precaution is taken to protect them from harm and hazard. In meeting the School's duty of care, it is a requirement that all Educators implement and adhere to this policy to ensure we respect and cater for each child's specific needs.

SCOPE

This policy applies to children, families, staff, management, and visitors of the School.

IMPLEMENTATION

Children have different sleep, rest and relaxation needs. Children of the same age can have different sleep patterns that Nominated Supervisors and Educators need to consider within the School. As per Standard 2.1 (Element 2.1.1) of the National Quality Standard, each child's comfort must be provided for and there must be appropriate opportunities to meet each child's sleep, rest and relaxation needs. (ACECQA)

Our School defines 'rest' as a period of inactivity, solitude, calmness, or tranquillity, and can include a child being in a state of sleep. Considering the busy and energetic nature of children's day, we feel that it is important for children to participate in a quiet/rest period during the day in order to rest, relax, and recharge their body. Effective rest strategies are important factors in ensuring a child feels secure and safe in an early childhood environment.

Our School will consult with families about their child's individual needs, ensuring all parties are aware of the different values, cultural, and parenting beliefs and practices, or opinions associated with sleep requirements.

Management will ensure:

- Reasonable steps are taken to ensure that the needs for sleep and rest of children being educated and cared for by the School are met, having regard to the ages, developmental stages and individual needs of each child.
- There are adequate numbers of sleep mats and bedding available to children that meet Australian Standards.
- Sleep and rest environments will be safe and free from hazards.
- Areas for sleep and rest are well ventilated and have natural lighting.
- Safe sleep practices are documented and shared with families. Nominated Supervisors and Educators are not expected to endorse practices requested by a family, if they differ from 'Red Nose' safe (SIDS Safe) sleeping recommendations.

A Nominated Supervisor/ Responsible Person will:

- Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the School 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 that sleeping children are closely monitored and that all sleeping children are within hearing range and observed. This involves checking/inspecting sleeping children at regular intervals, this will be done every 10 minutes by the staff 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.
- Negotiate sleep and rest routines and practices with families to reach agreement on how these occur for each child at the School.
- Ensure they 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 child's safety is always the first priority.

- Ensure children who are sleeping or resting have their face uncovered at all times.
- Ensure the sleep and rest environment is free from cigarette or tobacco smoke.
- Provide information to parents and families about Safe Sleep practices. (see [Red Nose](#))

CHILDREN ALL AGES

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 mattresses are clean and in good repair.
- Ensure mattresses are wiped over with warm water and vinegar solution between each use.
- Ensure that bed linen is clean and in good repair.
- Ensure bed linen is used by an individual child and is washed before use by another child.
- Arrange children's beds 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.
- Ensure 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, but at times may need to be comforted by an educator. By providing a quiet, tranquil environment, children will choose to sleep if their body needs it.
- Maintain adequate supervision and maintain Educator ratios throughout the sleep period.
- Ensure sleeping infants are closely monitored and that all sleeping children are within hearing range and observed.
- 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 School policy 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. Sleep and rest patterns will be recorded daily for families.
- 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 with their beds/mattresses 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, whilst 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. 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 in regard to sleep/rest time.
- Develop positive relationships with children to assist in settling children confidently when sleeping and resting.

Source

ACECQA. (n.d.). Safe sleep and rest practices: https://www.acecqa.gov.au/resources/information-sheets/safe-sleep-and-rest-practices	Australian Children’s Education & Care Quality Authority. (2014).
Australian Competition and Consumer Commission (ACCC). (2013). Find out more: Keeping baby safe: https://www.accc.gov.au/system/files/639_Keeping%20Baby%20Safe_text_FA4-WEB%20ONLY.pdf	Early Childhood Australia Code of Ethics. (2016).
Guide to the Education and Care Schools National Law and the Education and Care Schools National Regulations. (2017).	Guide to the National Quality Standard. (2020).
Kids Health. (2013). Household safety: Preventing injuries in the crib: https://kidshealth.org/en/parents/safety-crib.html	Red Nose: https://rednose.com.au/section/safe-practices
Red Nose: https://rednose.com.au/section/safe-sleeping	Revised National Quality Standard. (2018).
Standards Australia – www.standards.org.au	<i>The NSW Work Health and Safety Act 2011</i>
The NSW Work Health and Safety Regulation 2011	

POLICY REVIEWED	April 2020	NEXT REVIEW DATE	April 2021
MODIFICATIONS	<ul style="list-style-type: none"> . Referenced appropriate content to ACECQA Sources checked for currency Red Nose link added Parent information added 		
POLICY REVIEWED	PREVIOUS MODIFICATIONS	NEXT REVIEW DATE	
Feb 2019	<ul style="list-style-type: none"> Grammar, punctuation and spelling edited. Additional information added to points. Sources checked for currency – many links now unavailable: deleted and updated as required. Sources/references corrected and alphabetised. Reviewed patting off to sleep changed to comforting not patting 	Feb 2020	
February 2018	<ul style="list-style-type: none"> Added ‘related policies’ list Improvement to opening statement Minor terminology adjustments New school logo and reformatting added 	February 2019	
October 2017	<ul style="list-style-type: none"> Merged Rest Time Policy with Sleeping Requirements Policy. Changes made to comply with changes to National Regulations and revised National Quality Standard and safe sleeping practice. 	February 2018	
February 2017	<ul style="list-style-type: none"> Minor adjustments made with the addition of the National Quality Standard requirements for sleeping. 	February 2018	