



Policy

Safe Sleeping for Infants and Young Children

NQS

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| QA2 | 2.1.1 | Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation |
| QA2 | 2.2.1 | At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard. |

NATIONAL REGULATIONS

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| Regs | 81 | Sleep and Rest |
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EYLF

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| LO1 | 1.1 | Children feel safe, secure and supported |
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Who is affected by this policy?

- Children
- Families
- Educators/Employees
- Governing Council

Aims

The preschool will take reasonable steps to ensure that children's needs for sleep and rest are met, having regard to each child's age, development and needs.

Purpose/Objectives

The objectives of this procedure are to ensure that staff and educators:

- are aware of and comply with current evidence-based safe sleep practices and safe sleep environments to reduce the risk of sudden unexpected death in infancy (SUDI).
- promote and model safe sleeping practices and environments to families with infants and young children.
- are aware of where to access resources to build their knowledge about recommended safe sleep practices.
- comply with the Education and Care Services National Law and Regulations.

Rationale

Sleep is extremely important for children as it directly impacts mental and physical development. Safe sleep and rest for children has the proven benefits of increases in growth, health, attention span and learning.

It is important to note that Red Nose (formerly SIDS and Kids) is considered the recognised national authority on safe sleeping practices for infants and children. This procedure is to be read in conjunction with the [safe infant sleeping standards policy directive \(SA Health\)](#), [Red Nose](#) and [Kidsafe SA](#) safe sleeping recommendations. Nominated supervisors and educators need to consider that children have different sleep, rest and relaxation needs. Children of the same age within their service can have different sleep patterns.

Loxton Preschool Centre has a responsibility under the Education and Care Services National Regulations, South Australian Education and Early Childhood Service (Registration and Standards) Act 2011 and Australian Consumer Law 2011 – Australian Competition and Consumer Commission (ACCC) to ensure each child's comfort is provided for and that appropriate opportunities will be provided by to meet each child's safe sleep, rest and relaxation needs.

Implementation

Safe sleep and rest practices

- A quiet place will be designated for rest and sleep, away from interactive groups. The space allows for a calm play experience, eg Calming Corner, Book Area.
- Children should sleep and rest with their face uncovered.
- Children's sleep and rest environments should be free from cigarette or tobacco smoke.
- Sleep and rest environments and equipment should be safe, clean and free from hazards.
- Supervision planning and the placement of educators across the preschool service should ensure educators are able to adequately supervise sleeping and resting children.
- Educators should closely monitor sleeping and resting children and the sleep and rest environments. This involves checking/inspecting sleeping children at regular intervals, and ensuring educators are always within sight and hearing distance of sleeping and resting children so that they can assess a child's breathing and the colour of their skin. Service providers will consider the risk for each individual child, and tailor sleep and rest to reflect the levels of risk identified for children at the service. Factors to be considered include the age of the child, medical conditions, individual needs and history of health and/or sleep issues.

Safe environments and equipment

Educators will:

- Consult with families about children's sleep and rest needs.
- Create a relaxing atmosphere for resting children by such activities as – playing relaxation music, reading books, mindfulness activities, etc.
- Ensure a safety check of sleep and rest environments is undertaken on a regular basis.
- If hazards are identified, lodge a report as instructed in the service's policies and procedures for the maintenance of a child safe environment.
- Ensure hanging cords or strings from blinds, curtains, mobiles or electrical devices are away from sleeping children.
- Ensure children are not sleeping in walkways or in a place where access to resources and equipment is obstructed.

Meeting children's sleep, rest and relaxation needs

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.

Educators will consider a range of strategies that could be used to meet children's individual sleep and rest needs.

Educators will look for and respond to children's cues for sleep, for example, yawning, rubbing eyes, disengagement from activities, crying, decreased ability to regulate behaviour and seeking comfort from adults.

Educators will communicate with families about their child's sleeping or rest times and the service policy regarding sleep and rest times.

Sources

- Early Years Learning Framework
- National Quality Standard
- Department for Education Safe Sleeping and Resting for Infants and Young Children Procedure 2020 (<https://edi.sa.edu.au/library/document-library/controlled-procedures/safe-sleeping-for-infants-and-young-children-procedure.pdf>)
- SIDS and Kids SA phone 83321066
- Red Nose phone 1300 308 307 email: education@rednose.com.au
- Kidsafe SA phone 81616318

Review

The policy will be reviewed bi-annually.

Review will be conducted by:

- Governing Council
- Educators/Employees
- Families
- Interested Parties

| Document History | Version | Approved Date | Description of Change | Next Review Date |
|------------------|---------|---------------|--|------------------|
| | 1.0 | 30/07/2019 | Policy Developed | 30/07/2021 |
| Reviewed | 2.0 | 29/06/2021 | Updated in line with Department For Education policy changes Updated sections; Sources | 29/06/2023 |
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Approved by Governing Council 29/06/2021 Director's Signature *BJames*