



# Padthaway Preschool

## Safe Sleep and Rest Policy

As of October 1<sup>st</sup>, 2017, Regulation 168 states that all 'Education and care services must have policies and procedures' was amended to include a requirement for a policy on 'sleep and rest for children and infants', including matters set out in Regulation 81 (sleep and rest)

### Principles

- ▶ Staff have a duty of care to ensure children are provided with a high level of safety when sleeping and resting, with every reasonable precaution taken to protect them during these times.
- ▶ Staff are responsible for ensuring sleep and rest policies and procedures are followed.
- ▶ This policy and procedure is based on currently recommended, evidence-based principles/guidelines and is regularly reviewed to ensure best practice principles are implemented.
- ▶ Staff receive ongoing professional development to be effective in their role.
- ▶ Staff communicate with families about their child's individual needs and are responsive to each child/families values, approaches and beliefs when considering support for individuals
- ▶ Children have different sleep and rest needs. As per National Quality Standard 2.1 (element 2.1.2), each child's comfort must be provided for and there must be appropriate opportunities to meet each child's sleep, rest and relaxation needs.

### Current recommended evidence-based practices

- ▶ Children should have their face uncovered while sleeping or resting
- ▶ Sleep and rest environments or equipment should be checked regularly and free from hazards.
- ▶ Educators adequately supervise sleeping and resting children. Any child sleeping is regularly checked on and always within sight/hearing distance of staff. Observations of children who are sleeping include, assessing breathing and if there are any changes to the colour of their skin (may indicate issue with breathing changes/ body temperature or environmental factors).
- ▶ Sleep and Rest Policies and Procedures (including the frequency of checks/inspections of children) will be tailored to reflect the level of risk identified for individual children's needs at the service. Considerations will include medical conditions and history of health and/or sleep issues.

### Educators will:

- ▶ Ensure rest times are intentionally planned for each day
- ▶ Provide a comfortable, safe area if a child requests a rest, or is showing clear signs of tiredness.
- ▶ Ensure the physical environment is safe and conducive to rest/sleep: quiet, well-ventilated and comfortable

### Links to the National Quality Standards

- 2.1 Each child's health is promoted.
- 2.1.1 Each child's health needs are supported.
- 2.2.1 At all times, reasonable precautions ensure children are protected from harm and hazard.