



# Preschool Sleep & Rest Policy

As of October 1st, 2017, Regulation 168 states that all 'Education and care service must have policies and procedures' is 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

The following principles may inform sleep and rest policies and procedures.

- Effective sleep and rest strategies are important factors in ensuring a child feels secure and is safe.
- Our staff 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.
- Staff are responsible for ensuring sleep and rest policies and procedures are in place.
- Our policy and procedure is based on current research and recommended evidence-based principles/guidelines and is regularly reviewed and updated ensuring best practice principles.
- Staff receive ongoing information and training to fulfil their roles effectively.
- Staff consult with families about their child's individual needs and are sensitive to different values and parenting beliefs, cultural or otherwise.
- Children have different sleep, rest and relaxation needs. As per Standard 2.1 (element 2.1.2) 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.

## Current recommended evidence-based practices

### Safe sleep and rest practices

- Children should sleep and rest with their face uncovered.
- Sleep and rest environments and equipment should be safe and free from hazards.
- Supervision ensures educators are able to adequately supervise sleeping and resting children. We regularly check sleeping children and ensuring they are always within sight and hearing distance including assessing breathing and the colour of their skin.
- We will consider the risk for each individual child, and tailor this Sleep and Rest Policies and Procedures (including the frequency of checks/inspections of children) to reflect the levels of risk identified for children at the service. Factors to be considered include medical conditions, individual needs and history of health and/or sleep issues.

### We will:

- Ensure there is a designed rest time 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.
- Ensure staff are trained in: **Safe Manual Handling for Educators**: OHS Regulations 2007, Part 3.1

## This document is informed by

### ACECQA

<http://www.acecqa.gov.au/Safe-sleep-and-rest-practices>

### Red Nose (formerly SIDS and Kids)

<https://rednose.com.au/resources/education>

### Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep

[http://www.health.gov.au/internet/main/publishing.nsf/Content/DAAD9AEB38F655D6CA257C75001B546D/\\$File/24hrGuidelines-Factsheet-fa-0-5.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/DAAD9AEB38F655D6CA257C75001B546D/$File/24hrGuidelines-Factsheet-fa-0-5.pdf)

### OHS in Early Childhood Education and Care: Manual Handling Tip Sheet:

<http://www.ohsinecservices.org.au/node/31>

### Associated Policies:

Child Safe Environment Policy/ Hygiene Policy/ Incident, Injury/ Trauma and Illness Policy