



The Anglican Parish of Wagga Wagga  
ST LUKE'S & ST MARY'S RAINBOW PRESCHOOLS

# Anglican Parish of Wagga Wagga Preschool Policy

Policy Number: 2.14M

## Safe Sleep & Rest Time

Date Reviewed: October 2017  
Next Review Date: October 2019

### Policy Statement

All children have individual sleep and rest requirements. Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment

### Goals

The education and care service will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs.

### Strategies Roles & Responsibilities

#### The Approved Provider will:

- "Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children." (Regulation 81.)
- Ensure that supervision windows will be kept clear to ensure safe supervision of sleeping children.

#### The Nominated Supervisor will:

- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.

#### Educators will:

- Consult with families about children's sleep and rest needs. Educators will be sensitive to each child's needs so that sleep and rest times are a positive experience.
- Ensure that beds/mattresses are clean and in good repair and provided if required. Beds and mattresses will be wiped over with warm water and neutral detergent after each use.
- Create a relaxing atmosphere for resting children by playing relaxation music, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed. The environment should be tranquil and calm for both educators and children. Educators will sit near resting children and support them by encouraging them to relax and listen to music or stories.
- Communicate with families about their child's sleeping or rest times and the service policy regarding sleep and rest times.
- Respect & consider family preferences regarding sleep and rest and for their child whilst attending preschool

#### Families will:

- Provide linen and bedding for their child if they require a daily sleep/rest.

<b>Links to:</b>	<ul style="list-style-type: none"> <li>• Links to Education and Care Services National Regulations: 81, 103, 105, 110, 115</li> <li>• Links to National Quality Standards/ Elements: 2.1.2, 2.3.1, 2.3.2, 3.1</li> </ul>
<b>Statutory Legislation &amp; Considerations</b>	<ul style="list-style-type: none"> <li>• Education and Care Services National Regulations</li> <li>• Guidelines for SIDS and Kids Safe Sleeping in Childcare Facilities</li> <li>• Australian Consumer Law 2011 - Australian Competition and Consumer Commission</li> <li>• The NSW Work Health and Safety Act 2011 &amp; the NSW Work Health and Safety Regulation 2011</li> </ul>
<b>Sources</b>	<ul style="list-style-type: none"> <li>• Guide to the National Quality Standard (3) ACECQA (2017)</li> <li>• Guide to the Education and Care Services National Law and the Education and Care Services National Regulations</li> <li>• SIDS &amp; Kids Safe Sleeping Kit – <a href="http://www.sidsandkids.org">www.sidsandkids.org</a></li> <li>• Standards Australia – <a href="http://www.standards.org.au">www.standards.org.au</a></li> <li>• The Children’s Hospital at Westmead – Safety factsheet – Cots and Cot Mattresses – <a href="http://www.kidshealth.schn.health.nsw.gov.au/sites/kidshealth.schn.health.nsw.gov.au/files/safety-factsheets/cots-and-cot-mattresses.pdf">www.kidshealth.schn.health.nsw.gov.au/sites/kidshealth.schn.health.nsw.gov.au/files/safety-factsheets/cots-and-cot-mattresses.pdf</a></li> <li>• Australian Competition and Consumer Commission (ACCC) – <a href="http://www.accc.gov.au">www.accc.gov.au</a> – Cot safety PDF</li> </ul>
<b>Monitoring, Evaluation &amp; Review</b>	<p>Communications with families are maintained to encourage a consistent approach in responding appropriately and respectfully to children’s sleep and rest needs. Safe sleeping practices are followed to minimise the risk of harm to children and babies.</p>