



Sleep, Rest and Relaxation Policy

Riverview Preschool aims to meet the rest, relaxation and sleep needs for all children. These needs are met in a safe and respectful manner that takes individual children and families preferences and developmental levels into consideration. In this policy, we use the term 'rest' to include resting, sleeping (planned and unplanned) and relaxation time.

Rationale

"An inquest into the death of Indianna Rose Hicks in 2012 found Indianna, who was five months old when she died suddenly and unexpectedly while in care, died from Sudden Infant Death Syndrome (SIDS). A recommendation was made via the Consultation Regulation Impact Statement on proposed options for changes to the National Quality Framework (NQF), that Regulation 168 in the National Regulations, 'Education and care service must have policies and procedures' be 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)." - <https://www.acecqa.gov.au/resources/supporting-materials/infosheet/safe-sleep-and-rest-practices>

Policy has been created with guidance from the Department for Education 'Safe sleeping and Resting for infants and young people procedure'.

Objectives

The sleep, rest and relaxation policy has been developed to;

- Ensure the sleep, rest and relaxation needs of all children are met
- Support educators to manage and implement the legislative and regulation requirements
- Assist children to be responsible for their own sleep, rest and relaxation needs
- Ensure families and new staff are informed of the preschool's sleep, rest and relaxation policy
- Outline the specific steps and care procedures that must be met during rest times both planned and spontaneous.

Legislation

This policy relates to the following National Law and Regulations

- Education and Care Services National Law Act 2010
- Section 167 – Protection from harm and hazards
- Education and Care Services National Law Act 2011
- Regulation 81 – Sleep and rest for children and infants
- Department for Education Safe Sleeping for infants and children procedure
- SA Health Safe infant sleeping standards policy directive 2018
- Red Nose Safe sleeping practices
- KidSafe SA safe sleeping recommendations



National Quality Standards

All of the following sleep and rest procedures link to

- Quality area 1: Educational program and practice
 - Quality area 2: Children's Health and Safety.
- There are also links to:
- Quality area 3: Physical environment
 - Quality area 5: Relationships with children
 - Quality area 6: Collaborative partnerships with families and communities
 - Quality area 7: Governance and leadership.

Procedures

In line with the department for Education requirements, Red Nose and KidSafe guideline and Education and Care Service regulations, the following combination of safe sleep, rest and relaxation measures will be in place at all planned and spontaneous rest and sleep times. Due to the age of the children attending our service, sleep times are not a requirement however the policy must be followed when sleep/rest is requested by a child or family.

- Relaxation time is provided during the middle group time of each day. Children are encouraged to lay down and rest their bodies and minds however can choose to sit if they prefer.
- Children are to rest with their faces uncovered.
- Supervision requirements are followed and constant monitoring is provided.
- Children often spontaneously fall asleep during relaxation time or across the day. When this happens, educators closely monitor sleeping children. If child does not usually fall asleep, families are contacted to discuss options; allow to sleep or wake up. Educators tailor sleep and rest requirements for individual children/circumstances.
- Children who spontaneously fall asleep are carefully moved to a safe location e.g. in corner of room, quiet area, easy supervision access.
- Throughout the day, if a child is observed as tired or fatigued, they are provided the opportunity to rest in a quiet area.
- Regular checks of sleeping or resting children occur with particular attention on breathing patterns, skin colour, temperature and position of child. Checks are documented on Sleep Log (attachment 1) with child and educator's details and description of each check.
- Approved mattress and 'port-a-cot' are available at all times.

Policy Review

Management and staff monitor and review the effectiveness of the Sleep, Rest and Relaxation policy and revise the policy every two years.

Date of policy creation: August 2022

Date of next review: August 2024

