



Wynn Vale Preschool

Sleep & Rest Procedures

These procedures have been developed in accordance with:

- Department for Education Safe Sleeping and Resting for Infants and Young Children procedure
- Safe Infant Sleeping Standards Policy Directive (SA Health)
- Red Nose (Formerly SIDS & Kids)
- Kidsafe SA

These procedures comply with provisions related to children's sleep and rest under the South Australian Education and Early Childhood Services (Registration and Standards) Act 2011. This includes the Education and Care Services National Law and the Education and Care Services National Regulations (including the National Quality Standard [NQS]). Regulation 81 prescribes that:

“Services must 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.”

Sleeping Young Children Safely

A safe sleeping environment means that all potential dangers have been removed and the child is sleeping in a safe place.

For children who require a rest during the preschool day, the following procedures will be followed:

- Children will be offered either
 - To rest on the floor with a cushion to support their head and neck **Or**
 - Use a portable bed with a cushion to support their head and neck [See appendix for bed specifications]

[NB: According to the Red Nose website it is acceptable for children to use a pillow if they are over the age of two and are no longer sleeping in a cot or portable cot]

- A blanket will be made available if needed
- The surrounding floor will be clean and free from hazards (e.g. any objects that a young child could roll onto and pose a suffocation risk).
- The bed will be positioned away from walls or furniture, as young children can become trapped between a bed and wall or furniture.
- For children who have infrequent sleep/rests, all bedding will be placed in the washing bag after use and the bed wiped down
- For children who have regular sleeps/rest, parents will be asked to supply a pillow and bedding and arrangements will be made for regular washing. Preschool staff will wipe the bed down after use

Supervision and monitoring

All children will be adequately supervised at all times. This includes educators actively monitoring and supervising sleeping children. The Education and Care Services National Law and Regulations do not specify a recommended time for checking sleeping infants, rather the Guide to the National Law and Regulations states:

'When considering the supervision requirements of sleeping children, an assessment of each child's circumstances and needs should be undertaken to determine any risk factors. For example, because a higher risk may be associated with children with colds or chronic lung disorders, they might require a higher level of supervision while sleeping.'

Educators will follow these supervision arrangements to enable active and effective monitoring of all children in care:

- *Ensure sleeping children are always within sight and hearing distance so their breathing and skin colour can be assessed to ensure their safety and wellbeing.*
- *Assess each child's circumstances to identify known risk factors and determine whether a higher level of supervision may be required [e.g. if a child is unwell]*
- *Consider sleeping a child in the same room as an educator rather than a separate room (when an appropriate quiet and safe area is available), or ensuring playing children are within close proximity to a sleeping child to allow supervision of both groups.*
- *Ensure a process is in place to actively check a sleeping child at not more than 15-minute intervals and to record these observations, if the child is not in the same room as the educator [Date, time & initial signature]*

Compliance with recommended safe sleep practices

Site Leader

- *Advise families of the service's safe sleep procedure and practices*
- *Model and promote safe sleep practices and ensure information is available to families*
- *Ensure sleeping children are adequately supervised at all times*
- *Ensure staff receive information about safe sleep practices during their orientation and are aware of where to obtain further information*
- *Maintain safe sleeping environments by ensuring the environment is checked regularly for any hazards and that all infant products comply with the Australian Standards*
- *Review implementation of safe sleep practices*
- *Ensure any local service procedures developed are consistent with Department for Education Safe Sleeping and Resting for Infants and Young Children procedure*

Educators

- *Are aware of recommended safe sleep practices for infants*
- *Ensure sleeping children are adequately supervised at all times*
- *Provide new staff with information during their orientation*
- *Know where to obtain further information, resources and training about safe sleep practices*
- *Review implementation of safe sleep practices*

Further information regarding safe sleeping practices, resources and training can be obtained from the following:

- *SIDS and Kids SA phone 8332 1066 or Red Nose safe sleeping phone 1300 308 307, email education@rednose.org.au for safe sleeping enquiries and training opportunities*
- *Red Nose for downloadable brochures (in a range of languages) and smart phone applications, sign up for regular newsletters covering safe sleeping and child safety education and Australian and Consumer Commission (ACCC) updates*
- *Kidsafe SA phone 8161 6318*
- *Child and Family Health Service (includes resources to assist settling infants).*

Safe sleeping practices for a child who has a medical condition or has additional needs

Young children with a medical condition and/or additional needs who require a sleep practice that differs from the recommended safe sleep practices outlined in these procedures will have a health care plan signed by a medical practitioner detailing the safest sleep practices for the child. In this case a Safety and Risk Management Plan will also be prepared to document and support the child's health, safety and well-being.

These procedures were prepared in consultation with preschool staff on 30th August 2024 and once approved by Governing Council a copy will be stored in the Preschool Policy Folder, which is accessible for family members.

Endorsed by Wynn Vale School Governing Council:

Chairperson Signature: _____

Date: 9-9-24

Date for review: **August 2026**

Appendix:

Portable Bed Specifications:

This is a sturdy and stable children's sleeping bed. It is lightweight and durable with a tubular metal frame. It also features strong, plastic corners and a strong mesh sleeping mat that tightens with Velcro. The mesh bed surface is moisture resistant with a wipe clean surface.

The bed measures 56cm wide x 140cm long x 13.5cm high and is suitable for children aged 3 years and over.

The woven mat on this bed is made from 70% PVC and 30% polyester, which is non-porous and will not absorb liquid. It has holes for breathability and helping to keep the child cool on the bed. The holes also allow for any liquids to pass through the mattress and away from the child, helping to keep the child from being soiled. To clean, disassemble the bed and wash off with a gentle detergent and water. Dry in the shade.

