

D-31 Sleep and Rest

NQS

QA. 2.1	Health.
QA. 2.1.1	Wellbeing and comfort.
QA. 2.2	Safety.
QA. 2.2.1	Supervision.
QA. 2.2.2	Incident and emergency management.

National Law & Regulations

Sec 165	Offence to inadequately supervise children
Sec. 167	Offence related to protection of children from harm and hazards
Reg. 82	Tobacco, drug and alcohol-free environment
Reg. 84A	Sleep and rest
Reg. 84B	Sleep and rest policies and procedures
Reg. 84C	Risk assessment for purposes of sleep and rest policies and procedures
Reg. 84D	Prohibition of bassinets
Reg. 85	Incident, injury, trauma and illness policies and procedures
Reg. 86	Notification to parents of incident, injury, trauma and illness
Reg. 87	Incident, injury, trauma and illness record
Reg. 103	Premises, furniture and equipment to be safe, clean and in good repair
Reg. 105	Furniture, materials and equipment
Reg. 106	Laundry and hygiene facilities
Reg. 107	Space requirements – indoor space
Reg. 110	Ventilation and natural light
Reg. 115	Premises designed to facilitate supervision
Reg. 161	Authorisations to be kept in enrolment record
Reg. 162	Health information to be kept in enrolment record
Reg. 168	Education and care services must have policies and procedures
Reg. 170	Policies and procedures to be followed
Reg.171	Policies and procedures to be kept available
Reg.172	Notification of change to policies or procedures

My Time, Our Place

LO. 1	Children and young people feel safe, secure, and supported
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Policy Statement

We aim to accommodate the sleep and rest needs of the children who attend ENOSHCP. As the children are in school age care many do not need formal sleep during the sessions they attend, however do need the opportunity for rest and relaxation. We will take all reasonable steps to provide opportunities to meet each child's individual need for sleep, rest and relaxation in accordance with safe sleeping practices. Their needs may vary because of illness, physical exertion,

or lack of sleep. Educators have a prime duty of care to ensure children are provided with a high level of safety when sleeping and resting, and ensure every reasonable precaution is taken to protect children from harm and hazard. Requests from families about a child's sleep and rest and cultural preferences are considered.

Related Policies

- ENOSHCP Policy B-6: Indoor environment
- ENOSHCP Policy C-13: Interactions with children
- ENOSHCP Policy D-1: Dealing with medical conditions
- ENOSHCP Policy D-11: Management of incident, injury, and trauma

Procedure

We will provide a safe sleeping/rest area for children to use when they show signs of tiredness or request a rest. This will be an area away from the main group of children, or in a quiet space, where possible. The area will be smoke free, along with the Centre environment. Children will neither be forced to sleep nor prevented from sleeping.

The physical safety and suitability of sleep and rest environments, including temperature, lighting and ventilation will be considered.

If beds or mattresses are used, they are to be clean and in good repair.

A sleep and rest risk assessment must be conducted at least once every 12 months, and as soon as practicable after becoming aware of any circumstances that may affect the safety, health or wellbeing of children during sleep and rest. The sleep and rest risk assessment must identify and assess risks in relation to sleep and rest and specify how the identified risks will be managed and minimized.

Where children utilize blankets or pillows, continuous supervision, in which an educator is in sight and hearing of a sleeping child will be maintained to ensure their face is not covered during rest or sleep.

Programming will be organized to ensure there are opportunities for rest and relaxation, especially during vacation care.

ENOSHCP will ensure hygiene standards are maintained. For example, regular washing of cushion covers and bedding, especially if a child has been unwell.

Families will be informed of the Sleep and Rest policy via the Family handbook upon enrolment. Any changes to the Sleep and Rest policy will be communicated to families via newsletter.

Monitoring safety

Educators will:

- Maintain adequate supervision and educator ratios in accordance with the Education and Care Services National Regulations during sleep/rest periods.

- Ensure that sleeping children are constantly monitored, and that educators are always with sight and hearing distance of sleeping and resting children so they can easily monitor a child's breathing and colour of their skin.
- Physically check/inspect sleeping children at regular intervals (10-15 minutes) recording checks in a sleep/rest register.
- Ensure a child who is unwell is constantly monitored until collected by their parent/guardian

Safe sleeping practices

Educators will:

- Closely follow the recommendations for safe sleeping practices set out by Red Nose.
- On induction be trained in best practice for sleep and rest practices at the Centre.
- Have a thorough understanding of the Centre's policy and practices and embed practice to support safe sleep and rest into everyday practice.
- Be sensitive to each child's individual needs so that sleep and rest times are a positive experience.
- Ensure children rest with head and faces uncovered.
- Ensure children are comfortably clothed appropriate to the environment they are sleeping in, with children encouraged to remove shoes, jumpers, jackets and bulky clothing. Some items of clothing may need to be removed for safety reasons e.g. tops with hoods and cords that may cause choking.
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required.
- If a child's face/body appears blue and the child is not breathing, initiate first aid immediately including calling an ambulance and beginning resuscitation.

Sources

- Education and Care Services National Regulations 2011
- ACECQA resources information sheets/safe sleep and rest practices/risk assessment
- Red Nose – Safe sleeping
- Kidsafe Australia

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