

# Sleeping Requirements Policy

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All children have individual sleep and rest requirements. Children need a comfortable and 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.

## National Quality Standards (NQS)

Quality Area 2: Children's Health and Safety	
2.1.2	Each child's comfort is provided for and there are appropriate opportunities to each child's need for sleep, rest and relaxation.
2.3.1	Children are adequately supervised at all times
2.3.2	Every reasonable precaution is taken to protect Children from harm and any hazard likely to cause injury
3.1	The design and location of the premises is appropriate for the operation of a service
3.1.1	Outdoor and indoor spaces, building, furniture, equipment, facilities and resources are suitable for their purpose
3.1.2	Premises, furniture and equipment are safe, clean and well maintained

## Education and Care Services National Regulations

Children (Education and Care Services) National Law NSW	
81	Sleep and Rest
103	Premises, furniture and equipment to be safe, clean and in good repair
105	Furniture, materials and equipment
110	Ventilation and natural light
115	Premises designed to facilitate supervision

## Early Years Learning Framework

Learning Outcome 3
Children recognise and communicate their bodily needs (for example, thirst, hunger, rest, comfort, physical activity).
Educators engage children in experiences, conversations and routines that promote healthy lifestyles and good nutrition.

## PURPOSE

Our service will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. The risk of Sudden Infant Death Syndrome (SIDS) will be minimised by following practices and guidelines set out by health authorities. If a family's beliefs and practices conflict with SIDS & Kids, our service will only approve an alternative practice if the service is provided with written advice from and the contact details of a registered medical practitioner. In meeting the service's duty of care, it is a requirement that all educators implement and adhere to this policy to ensure we respect and cater for each child's specific needs.

## **SCOPE**

This policy applies to children, families, staff, management and visitors of the service.

## **IMPLEMENTATION**

Effective rest and sleep strategies are important factors in ensuring a child feels secure and safe in an early childhood environment. Our service will consult with families about their child's individual needs, ensuring they are aware of the different values and parenting beliefs, cultural or opinions associated with sleep requirements.

### **Management will ensure:**

- Reasonable steps are taken 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, developmental stages and individual needs of each child.
- That areas for sleep and rest are well ventilated and have natural lighting.
- That supervision window will be kept clear to ensure safe supervision of sleeping children.
- Ensure safe sleep practices are documented and shared with families.

### **A Nominated Supervisor/ Certified Supervisor 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.
- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.
- Ensure that sleeping infants are closely monitored and that all sleeping children are within hearing range and observed.
- Negotiate sleep and rest routines and practices with families to reach agreement on how these occur for each child at the service.

### **Educators will:**

- Consult with families about children's sleep and rest needs.
- 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.
- Ensure beds and mattresses are wiped over with warm water and neutral detergent or vinegar between each use.
- Ensure that bed linen is clean and in good repair.
- Ensure bed linen is used by an individual child and will be washed before use by another child.
- Arrange children's beds and cots to allow easy access for children and staff.
- Create a relaxing environment for sleeping children by playing relaxation music, reading stories, cultural reflection; turning off lights and ensuring children are comfortably clothed.
- The environment is tranquil and calm for both educators and children.
- Sit near children encouraging them to relax and listen to music.


Remember that children do not need to be “patted” to sleep. By providing a quiet, tranquil environment, children will choose to sleep if their body needs it.

- Maintain adequate supervision and maintain educator ratios throughout the sleep period.
- Assess each child’s circumstances and current health to determine whether higher supervision levels and checks may be required.
- Communicate with families about their child’s sleeping or rest times and the service policy regarding sleep and rest times.
- Respect family preferences regarding sleep and rest and consider these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to sleep nor prevented from sleeping. Sleep and rest patterns will be recorded daily for families.
- Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing.
- Monitor the room temperature to ensure maximum comfort for the children.
- Ensure that each child’s comfort is provided for.
- Ensure there are appropriate opportunities to meet each child’s need for sleep, rest and relaxation.

**Source**

- Australian Children’s Education & Care Quality Authority
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015.
- ECA Code of Ethics.
- Guide to the National Quality Standard.
- Guidelines for SIDS and Kids Safe Sleeping in Childcare Facilities
- SIDS & Kids Safe Sleeping Kit – [www.sidsandkids.org](http://www.sidsandkids.org)
- Standards Australia – [www.standards.org.au](http://www.standards.org.au)
- The Children’s Hospital at Westmead – Safety factsheet – Cots and Cot Mattresses, <http://kidshealth.schn.health.nsw.gov.au/sites/kidshealth.schn.health.nsw.gov.au/files/safetyfactsheets/cots-and-cot-mattresses.pdf>
- Australian Competition and Consumer Commission (ACCC) – [www.accc.gov.au](http://www.accc.gov.au) - Cot safety PDF
- Australian Consumer Law 2011 - Australian Competition and Consumer Commission.
- The NSW Work Health and Safety Act 2011 & the NSW Work Health and Safety Regulation 2011

**Review**

Policy Reviewed	Modifications	Next Review Date
January 2018	Nadiya Khan Director 	January 2019

