

Warradale Community Children's Centre acknowledges the traditional custodians of the land we live on today and we pay our respects to the Aboriginal and Torrens Strait Islander People past, present and emerging.



Safe Sleep and Rest Policy

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

QUALITY AREA 3: PHYSICAL ENVIRONMENT		
3.1	Design	The design of the facilities is appropriate for the operation of a service.
3.1.2	Upkeep	Premises, furniture and equipment are safe, clean and well maintained.

LEGISLATIVE REQUIREMENTS/ EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
Section 165	Offence to inadequately supervise children
Section 167	Offence relating to protection of children from harm and hazard
81	Sleep and Rest
82	Tobacco, drug and alcohol-free environment
87	Incident, injury, trauma and illness record
103	Premises, furniture and equipment to be safe, clean and in good repair
105	Furniture, materials and equipment
106	Laundry and hygiene facilities
107	Space requirements-indoor space
110	Ventilation and natural light

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115	Premises designed to facilitate supervision
168	Education and care service must have policies and procedures
170	Policies and procedures to be followed
171	Policies and procedures to be available
172	Notification of change to policies or procedures
176	Time to notify certain information to Regulatory Authority

Aim:

To promote positive attitudes towards safe sleeping and resting in a safe, positive, and relaxed atmosphere and environment.

Implementation:

- Time is set aside each day to provide the opportunity for children to sleep or rest in a peaceful environment. Unhurried routine times enable educators to ensure that sleep time is a relaxed and comfortable occasion. To assist the educators, children's sleeping routines will be based on information obtained from families about the children's needs and routines. These will be kept as consistent to their home routines as possible.

Leadership will:

- Provide advice and support to Team Leaders regarding implementation with their staff team.
- Provide Red Nose Education Services Training biannually to staff.
- Ensure mattresses are checked every 6 months as per recommendations.
- Continue to review the policy and ensure it reflects current best practice.
- Inform parents prior to enrolment about this policy and provide support to the parents regarding possible changing sleep habits prior to commencing at the centre, to support the child's transition.



Team Leaders will:

- Ensure this policy is understood by team members and implemented in the rooms.
- Work sensitively with parents to ensure that they are aware of the Red Nose sleeping requirements and the obligation that staff must follow these guidelines.

Educators will:

- Meet individual children's sleep and rest time needs as required throughout the day.
- Plan quiet experiences for children who do not require a sleep.
- Utilise information that has been supplied by the families.
- Create an atmosphere that allows each child to relax and unwind.
- Follow the routines from home based on the staff's assessment of their needs.
- Ensure ventilation and lighting in sleep areas is appropriate to ensure comfort and safety for children and staff, with a comfortable sleeping temperature.
- Children under 2, sleeping in cots, should be checked every 10 minutes for breathing, colour and position. This should be recorded on the sleep chart. A timer should be used to alert the staff for the 10 minute check.
- An educator should remain with children sleeping on mats in the over & under 2 sections and will monitor all sleeping children.
- Remove shoes, hooded jumpers, bibs, jewellery, and loose clothing.
- In the Over 2's children will be given space and opportunity to rest or sleep each day after lunch.
- The mattresses should be sanitised after taking the sheets off and stored appropriately. The sheets will be stored in sleep bags.

As per Red Nose Education Services Sleeping Recommendations, educators will:

- Place children on their backs to sleep. Children are then able to find their own preferred sleeping position.
- Position children so that their feet are as close as possible to the bottom of the cot, and they are on their back.
- Safe sleeping bags with fitted neck and armholes and no hood are recommended to keep the child warm but should sheets and blankets be required the bed shall be made up for the child with their feet at the bottom of the cot. In this way the child cannot slip



down the bed. The sheets and blankets will be firmly tucked into the cot. Covering baby's head or face increases the risk of sudden infant death.

- Purchase cots, mattresses and bedding that comply with the Australian standards.
- Ensure only children over 7 months of age or older take a soft toy/comforter to bed.
- Pillows are not permitted in the cot.
- Dummies must have chain removed and be examined for beads or decorative items that could cause a choking hazard.
- Babies can be wrapped until they are able to roll over.
- Ensure infants who are able to roll oversleep with their arms and hands free from restriction.
- Ensure bottles are given before sleep time should they require one.
- Ensure children have sufficient clothing and blankets to avoid overheating or becoming cold when sleeping.
- Ensure that heads are left uncovered, free of blankets, hats, cords, jewellery etc.
- Keep the centre a smoke free environment. Educators who smoke are required to wear an item of clothing that is removed upon entry to the centre and prior to working with the children. Prior to recommencing work educators should try to remove as much of the smell of smoke from their person as possible (e.g. Drinking water, washing hands etc)
- Provide each child with their own bedding and this will be stripped and stored in pillowcases/bags after each use unless the child attends on consecutive days. Bedding is washed weekly unless the bedding has been soiled. In the event of an outbreak of an infectious disease e.g., gastro, employees will strip bedding of children affected and sanitise mattress/bed. The mattresses/beds shall be sanitised each time the linen is stripped.

Families will:

- Ensure that all dummies that are to be used at sleep time are in good condition, named and have no items that can fall off and present a choking hazard.
- Provide appropriate sleep clothing that will avoid overheating. Safe sleeping bags are preferable for infants under 12 months of age to reduce the need for sheets and blankets. A safe sleeping bag is constructed in such a way that the baby cannot slip



inside the bag and become covered. The sleeping bag should be the correct size for the baby with a fitted neck, armholes or sleeves and no hood.

- Negotiate a sleep plan with their child's primary carer and the Director if their child has a sleep routine that is different to this policy.

Gastro - Oesophageal Reflux Disease (GORD)

All babies with GORD will sleep in accordance to this policy as there is no medical evidence to support the idea that elevating babies reduces the symptoms of GORD. In addition, elevation of babies may cause the child to slide down the bed into a position that may compromise breathing. Sleep positioners are also not recommended as they present a suffocation risk.

Medical reasons for alternative sleep positioning of infants under 12 months:

If, for a rare medical reason, a baby must be slept in a position other than the back position, a medical practitioner will need to advise the centre in writing and provide information about ways to reduce the risk of Sudden Infant Death Syndrome. The Director has the right to refuse approval of any alternate sleep positions/arrangements.

Evaluation:

This policy is viewed to be working effectively when:

- Children view sleep/rest time as a happy, relaxed time.
- Families are consulted about their child's sleep requirements.
- Educators are clear about family's requests and the needs of the children.

Record of Policy Adoption and Amendment:

Version	Date	Details	Author	Next Review Date
1.0	September 2017	Policy developed	Trish Cook	September 2019
1.1	3/10/19	Reviewed and accepted with no change	Lori Hay	3/8/23
1.2	3/8/23	Added NQS and Legislative requirements	Poornima Radhakrishnan	31/12/24

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1.3	Sep 2024	Mattresses to be sanitised added. 10-minute check for children sleeping in the cot room added. Timer to be used for children in the cot room.	Poornima Radhakrishnan	Sep 2025
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Sources:

ACECQA. (n.d.). Safe sleep and rest practices:

<https://www.acecqa.gov.au/resources/information-sheets/safe-sleepand-rest-practices>

Australian Children's Education & Care Quality Authority. (2014).

Australian Competition and Consumer Commission (ACCC). (2013). Find out more: Keeping baby safe:

https://www.accc.gov.au/system/files/639_Keeping%20Baby%20Safe_text_FA4-WEB%20ONLY.pdf

Early Childhood Australia Code of Ethics. (2016).

Education and Care Services National Law Act 2010. (Amended 2018).

Education and Care Services National Regulations. (2011)

Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).

Guide to the National Quality Framework. (2018). (Amended 2020).

Red Nose: <https://rednose.com.au/section/safe-practices>

Red Nose: <https://rednose.com.au/section/safe-sleeping>

Revised National Quality Standard. (2018).

Standards Australia – www.standards.org.au

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