



4.13 Sleep & Rest

Purpose

To provide a policy that supports each child's need to rest and sleep.

Objective

To implement a procedure for children's rest and sleep time.

Scope of Policy

This policy applies to all children, families, staff and volunteers at John Street.

Policy Statement

Young children are constantly on the go and exploring and interacting within John Street's planned experiences and this continuous learning process can be quite tiring. A rest or sleep is a valuable time to rebuild a child's energy levels and enables them to face the challenges that the afternoon brings with fresh energy stores.

John Street believes that all children benefit from a sleep or rest during their time at the centre. During sleep and rest times, a calm and relaxing and well-ventilated atmosphere is created within the rooms, with music playing or a story tape to listen to.

Procedures

In compliance with Regulation 81 of the *Education and Care Services National Regulations*, John Street will take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by John Street are met, having regard to the ages, development and individual needs of the children.

In doing so, the following procedures were formulated with information from **Red Nose Australia**, a recognised authority on safe sleeping practices for children:

- Children are always on the go, and a day at John Street can be a long day for them. Sleep is not compulsory, but we do encourage all children to have a quiet rest in the early afternoon.
- John Street's rest and sleep schedule is as follows:

| | |
|----------------------|---|
| 0 - 2 year olds room | Young children may have morning and afternoon naps while older children rest after lunch from 12:00 |
| 2 - 3 year olds room | rest from 12:30pm |
| 3 - 4 year olds room | rest from 12:45pm |
| 4 - 5 year olds room | rest from 1:00pm |

- Children are welcome to bring security items, such as teddies, blankets, dummies etc for sleep/rest time. Children are allowed to take books belonging to the centre to bed; children who do not sleep may be encouraged to read on their beds.
- Children's outer clothing will be removed during sleep time. Cultural and family needs will be taken into consideration. Older children with suitable self-help skills will be encouraged to dress and undress themselves. Children in the 2+, 3+ and kindergarten programs are encouraged to choose their own sleep/rest attire.
- Rest and sleep procedures are adapted to meet the individual needs of each child.
- Children's individual sheets will be washed weekly; blankets will be washed regularly in winter.
- Children will not be put down to sleep with bottles or drinks. This is because of the increased risk of choking, and also to avoid nursing caries (infant tooth decay).
- Older children who sleep on a mattress/stretcher will be provided with sheets and blankets. Pillows are not encouraged.
- Kindergarten children may not sleep; however, a period of quiet activities and rest areas will be provided.
- Sleep and rest procedures and equipment are evaluated annually.

The following procedures, recommended by Red Nose Australia, will apply to children's sleep times at the centre:

- Babies will be put on their backs to sleep, unless the parent's doctor has advised them otherwise. Older babies can turn and move around the cot. Older babies will be put on their backs, and then allowed to find their own sleeping position.
- Babies will sleep with their faces and heads uncovered. Staff will place babies at the bottom of the cot, so that babies can't slip down under the blankets.
- The bedding in the cot will be checked to ensure that it is not too loose, and that there are no quilts, doonas, pillows or cot bumpers. The only bedding provided by the centre will be a sheet, and a blanket.
- All cots meet the Australian Standard for Cots (AS/NZS 2172:2003) There will be no more than a 25mm (1 inch) gap between the sides and ends of the cot and the mattress.

- All cots are kept away from any cords hanging from blinds, curtains or electrical appliances.
- Cots will not be placed next to heaters or electrical appliances.

Responsibility

It is the responsibility of all staff and volunteers to implement this policy.

Legislative Provisions

Education and Care Services National Law Act 2010 (Vic) – Section (3)(2)(a) & 167

Education and Care Services National Regulations 2011:

| | |
|---------------|---|
| r.81 | <i>Sleep and rest</i> |
| r.103 | <i>Premises, furniture and equipment to be safe, clean and in good repair</i> |
| r. 110 | <i>Ventilation and natural light</i> |
| r.166 | <i>Children not to be alone with visitors</i> |
| r.176 | <i>Time to notify certain information to regulatory authority</i> |
| r.168 | <i>Education and care service must have policies and procedures</i> |

National Quality Standard for Early Childhood Education and Care & School Age Care

| | |
|----------------------|---|
| Standard 2.1 | Health, Each child’s health and physical activity is supported |
| Element 2.1.1 | Wellbeing and comfort Each child’s wellbeing and comfort is provided for, including appropriate opportunities to meet each child’s need for sleep, rest and relaxation. |
| Element 2.1.2 | Health practices and procedures |
| Element 2.1.3 | Healthy eating and physical activity are promoted and appropriate for each child. |
| Standard 2.2 | Safety, Each child is protected |
| Element 2.2.1 | Supervision At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard. |
| Element 2.2.2 | Incident and emergency management |
| Standard 3.1 | The design and location of the premises is appropriate for the operation of a service. |
| Element 3.1.1 | indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child. |
| Element 3.1.2 | Premises, furniture and equipment are safe, clean and well maintained. |

Early Years Learning Framework for Australia

| | |
|-------------------|---|
| Principles | <i>Secure, respectful and reciprocal relationships; Respect for Diversity</i> |
| Practices | <i>Holistic approaches; Responsiveness to children;</i> |
| Outcomes | <i>Children feel safe, secure and supported</i> |

Background Legislation

| | |
|--|--|
| Occupational Health & Safety Act 2004 (Vic) | <i>Provision of a safe environment</i> |
| Child Wellbeing & Safety Act 2005 | <i>Protection of children</i> |
| Australian Standard for Cots (AS 2172) | <i>Safe equipment guidelines</i> |

Sources

Red Nose Australia, 2018, <https://rednose.com.au/section/safe-sleeping>

National Professional Support Coordinator Alliance (2012) *Getting started with policies for the NQF: Policies in Practice template – Children’s Comfort, Rest & Relaxation*. Accessed February 2012 from www.pscalliance.gov.au

National Health and Medical Research Council – *Staying Healthy in Child Care – 4th Edition 2005* – Retrieved April 17, 2011, from <http://www.nhmrc.gov.au/files/nhmrc/file/publications/synopses/ch43.pdf>

SAI Global – *portal for buying Australian Standards Australian Standard for Cots (AS 2172)* – Retrieved 2018, From better health Channel <https://www.betterhealth.vic.gov.au/health/healthyliving/baby-furniture-safety-tips>

ACECQA ,2018<https://www.acecqa.gov.au/resources/information-sheets/safe-sleep-and-rest-practices>

Related John Street Policies, Procedures and Guidelines

| | |
|-----------------|---|
| Policies | <i>Interactions with Children; Communications with Families; Children’s Personal Items from Home; Excursions, Routine Outings and In-House Activities; Occupational Health & Safety; Family Grouping and Integration; Enrolment, Orientation and Custody Arrangements; Dealing with Medical Conditions and Medication; Dealing with Complaint; Providing a Child Safe Environment; Code of Professional Conduct; Illness, Accident, Trauma and the Administration of First Aid, Sudden Infant Death Syndrome; Behavior Guidance & Support; Nutrition, Special Dietary Requirements; Food Safety & Hygiene; Independent Toileting & Nappy Changes; Children’s Clothing & Footwear; Expectations of Educators</i> |
|-----------------|---|

Authorisation

This policy was approved by the John Street Board in July 2018.