

Children Services Sleep and Rest

Introduction

The Y Canberra Region is committed to safe sleep and rest practices for children and young people. We recognize effective sleep and rest strategies are important to ensuring they feel safe and we understand children and young people's wellbeing and comfort contributes to a healthy physical and mental wellbeing.

Objectives

- To provide clear guidelines for sleeping practices to minimise the risk of Sudden Infant Death Syndrome, choking or other health related concerns.
- To ensure children and young people are provided with a high level of safety when they rest or sleep in our care.
- To provide effective rest and sleep strategies ensuring children and young people feel secure and safe in their environment.
- To recognise the importance of rest, if not sleep and accommodating a quiet space to meet these individual needs.
- To take reasonable steps to ensure the needs for sleep and rest of children and young are met

Procedures

- Sleep and / or Rest opportunities will be provided in the service daily routine
- Children and young people are provided with individual spaces for Sleep and / or Rest e.g. cot / mattress / stretcher bed
- Sleep and / or Resting children are supervised at regular intervals (10-15 minutes) including physically entering the cot room and checking children.
- Children over 7 months of age may bring a comfort item for Sleep and / or Rest time.
- SIDS and Kids recommend children under 7 months **DO NOT** have comforters as a safe sleeping practice.
- Parents / Guardians are to provide information about their child or young person's individual Sleep and Rest requirements on enrolment and update as required during their attendance.
- Separate bed linen is used for each child. Parents / Guardians are required to supply linen, clearly labelled and launder weekly.
- Linen is stored in individual bags / pillow cases to prevent cross infection.
- Cots / Mattresses / Stretcher beds must be placed apart to allow for movement without restrictions or barriers.
- Children will sleep until they wake, unless otherwise requested by families.
- When Parents / Guardians ask their child to be woken from a sleep, educators can encourage the child to wake up however if the child does not wake up or if they fall back to sleep they will be left undisturbed.
- Staff will establish a quiet, comfortable environment and a regular sleep and rest period
- Children and young people are encouraged to remove shoes and excess clothing,
- The volume and tone of voices is lowered and occasional quiet music is played.
- Lighting in all areas and cot rooms will be dimmed for comfort and the space is well ventilated
- Children are placed on their back to sleep (SIDS) unless otherwise directed by a medical practitioner. If they turn over during their sleep, educators will allow them to find their own sleeping position and they will be left to rest undisturbed
- Necklaces and bracelets including amber teething necklaces, will be removed prior to sleep or rest for children.

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R006	Children Services Executive Manager	Internal	04/12/2020	18/08/2022	APPROVED

- If the Parent / Guardian beliefs and practices are in conflict with recommendations from Red Nose Y Canberra Region Services will not endorse an alternative practice, unless the service is provided with written advice from a medical practitioner.
- If a medical condition exists that prevents a child from being placed on their back, the alternative resting practice must be directed in writing by a medical practitioner.
- At no time will a child or young person’s face be covered with bed linen.
- To prevent wriggling down under bed linen infants will be placed with their feet closest to the bottom end of the cot as recommended by Red Nose Australia.
- Quilts and duvets will not be used as bed linen. Pillows, soft toys, lamb’s wool and cot bumpers will not be used.
- Light bedding is the preferred option, which must be tucked in to prevent children and infants from pulling bed linen over their head.
- Sleeping bags (no hood) with a fitted neck and arm holes are recommended as bed linen and encourage an infant to rest on their back.
- Cots will meet Australian Safety Standards and have the correctly sized mattress, leaving no space between the rails and the mattress.
- Children will NOT be put to bed with bottles.
- A record of sleep times will be maintained for parents / guardians.
- Opportunities are provided for rest and relaxation to allow periods to stop and rejuvenate across the day. These could include but are not limited to yoga, meditation exercises and quiet play experiences to promote a child’s mindfulness and wellbeing.

Definitions

Y Canberra Region Children Services defines ‘sleep and rest’ as a period of inactivity, solitude, calmness or tranquillity.

Scope

Children Services Y People, Parents / Guardians

Roles and Responsibilities

Department/Area	Role/Responsibility
Nominated Supervisor	<ul style="list-style-type: none"> • Ensure safe sleeping and rest practices are adhered to across the service • Arrange where required training for educators on safe sleeping practices • Discuss policy and parent / guardian requirements on enrolment • Promote safe sleep and rest practices across the service to educators and families
Educators	<ul style="list-style-type: none"> • Follow guidelines for safe sleeping and rest and promote these to families • Communicate any changes to a child or young person’s sleep or rest patterns to their parent / guardian • Where required attend training to stay updated with Red Nose Australia safe sleep and rest recommendations and practices
Parent / Guardian	<ul style="list-style-type: none"> • Complete required documentation upon enrolment detailing sleep and rest requirements • Communicate any sleep or rest pattern changes to educators as required

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Monitoring, Evaluation and Review

Every 2 years or as required

Supporting Documents

- National Quality Standards QA 2 – Element 2.1.1 Children’s Wellbeing and Comfort
- Education and Care Services National Law and Regulations
 - Section 51 (1)(a) – Conditions on service approval (safety, health and wellbeing of children
 - Section 166 Offence to use appropriate discipline
 - Section 81 Sleep and Rest

References

- Early Childhood Australia - www.earlychildhoodaustralia.org.au
- Red Nose Australia - rednose.org.au/section/safe-sleeping
- Red Nose Grief and Loss - rednosegriefandloss.org.au/
- ACECQA – Safe Sleep and Rest Resource <https://www.acecqa.gov.au/resources/supporting-materials/infosheet/safe-sleep-and-rest-practices#current>

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