

ELC - Sleep and Rest

Introduction

The Y Canberra Region is committed to safe sleep and rest practices for children and young people. We recognise 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
- Bassinets are prohibited on the premises at all times children are being educated and cared for.
- Y staff will ensure continuous supervision of children during sleep and rest time, in which an educator will be in sight and hearing of sleeping children at all times.
- SIDS and Kids recommend children under 7 months to not have comforters as a safe sleeping practice
- Quilts and duvets will not be used as bed linen. Pillows, soft toys, lam's wool and cot bumpers will not be used
- Parents / Guardians are to provide information about their child or young person's individual Sleep and Rest requirements on enrollment and update as required during their attendance.
- Separate bed linen is used for each child. Parents / Guardians are required to supply linen, clearly labeled and laundered at a minimum once per week, or immediately after the child has presented with an illness.
- 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.
- Children will not be accepted into the service whilst they are sleeping.
- 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.

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- 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.
- 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.
- 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 tranquility.

Scope

Children Services Y People, Parents / Guardians

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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

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
 - Section 84 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>

We respect and support the diverse needs of all children and young people including those who are Aboriginal and Torres Strait Islander, are from culturally and/or linguistically diverse backgrounds (CALD), have a disability or identify as Lesbian, Gay, Bisexual, Transsexual, Queer, Intersex or Asexual (LGBTQIA+). Children and young people's ideas and responses to diversity are influenced by what they see and hear around them. This is why we ensure diversity and inclusion is reflected in everything we do at the Y.

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