

2.7 SLEEP AND REST

Policy

Effective sleep and rest strategies are important factors in ensuring a child feels secure and is safe at a service.

Approved providers, nominated supervisors and educators must 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, developmental stages and individual needs of children.

Children need a comfortable, relaxing environment to enable their bodies to rest. This environment must be safe and well supervised.

Procedures

1. Each child who has a regular sleep will have access to a cot or mattress.
2. Any child who indicates that they are tired will be provided with a suitable place to rest or sleep.
3. All cots and portable cots must meet the current mandatory Australian Standard.
4. Cot mattresses should be in good condition and fit the cot base with not more than a 20mm gap between the mattress sides and end.
5. In portable cots, use only the mattress that is supplied with the portable cot. Do not add an additional mattress or padding under or over the mattress.
6. Cots must be positioned away from blind or curtain cords or mobiles.
7. Bassinets, hammocks and prams/strollers do not carry safety codes for sleep. Babies should not be left in a bassinet, hammock or pram/stroller to sleep, as these are not safe substitutes for a cot. If a child falls asleep in a pram or stroller, they should be transferred to a cot as soon as possible. If this is not possible (eg. on an excursion) fully supervise the child (facing the educator at all times) with restraints securely fastened.
8. Babies are to be placed on their back to sleep unless written advice is received from a medical practitioner stating a different position is to be used.
9. Babies will be placed with their feet at the bottom of the cot to prevent wriggling under bedclothes.
10. No pillows, quilts, doonas, lambswool products, bumpers or toys are to be placed in an infant's cot.
11. Use only open weave blankets and ensure they are tucked in securely.
12. If wrapping a young baby, follow the attached Red Nose "Safe Wrapping" guidelines
13. The infant's face must always remain uncovered.
14. Encourage the use of a safe baby sleeping bag with fitted neck and armholes and no hood.
15. Do not place anything (eg. Amber teething necklaces, bibs) around the neck of a sleeping child. The use of teething bracelets is also not recommended while a child sleeps.
16. Children must not be put in cots or beds with bottles.
17. Babies must be monitored regularly whilst sleeping.

18. Clean sheets and blankets must be provided for each child.
19. Mattresses are to be cleaned regularly with disinfectant.
20. During rest periods, children who are not sleeping are to be provided with the opportunity to participate in restful experiences.

Date Implemented	Review Due	Date Updated	Source
2017 September	2019 March	2019 August	<ul style="list-style-type: none"> • Education and Care Services National Law Act 2010 • Education and Care Services National Regulations 2011 • Red Nose • Sleep, Rest and Relaxation and the National Quality Standard for ECEC