

2.7 SLEEP AND REST

Policy Statement:

The purpose of the Sleep and Rest Policy is to ensure the safety, health and wellbeing of children attending our services and that appropriate opportunities are provided to meet each child's need for sleep, rest and relaxation.

Child safety is our first priority. Educators can confidently refer to the service's Sleep and rest policy and procedures if families make requests that are contrary to the safety of the child.

Background:

The Education and Care Services National Regulations requires approved providers to ensure their services have policies and procedures in place for children's sleep and rest.

The approved provider, nominated supervisor and family day care educator must take reasonable steps to ensure children's needs for sleep and rest are met, having regard to each child's age, developmental stages and needs.

Mackay Family Day Care Scheme's safe sleep and rest procedures and practice follow Red Nose Australia Guidelines.

Legislative Requirements:

Section/regulation	Description
Section 165	Offence to inadequately supervise children.
Section 167	Offence related to protection of children from harm and hazard.
Regulation 82	Tobacco, drug and alcohol-free environment.
Regulation 84A	Sleep and Rest.
Regulation 84B	Sleep and Rest policies and procedures.
Regulation 84C	Risk Assessment for purposes of sleep and rest policies and procedures..
Regulation 84D	Prohibition of Bassinets.
Regulation 87	Incident, injury, trauma and illness record.
Regulation 103	Premises, furniture and equipment to be safe, clean and in good repair.
Regulation 105	Furniture, materials and equipment.
Regulation 106	Laundry and hygiene facilities.
Regulation 110	Ventilation and natural light.
Regulation 116	Assessments of family day care residences and approved family day care venues.
Regulation 168	Education and care service must have policies and procedures.
Regulation 169	Additional policies and procedures – family day care.
Regulation 170	Policies and procedures to be followed.
Regulation 171	Policies and procedures to be kept available.
Regulation 172	Notification of change to policies or procedures.

Procedures:

General

1. Co-Ordinators and educators engaged by Mackay Family Day Care Scheme will undertake a safe sleep course.
2. Mackay Family Day Care Scheme staff, in consultation with each educator, will develop a risk assessment for sleep and rest, which is specific to the family day care residence and the needs and routines of the children in care and the educator.
3. Educators will consult with families about their child's routine for sleep and rest at home, and carry this out at the service where possible and safe to do so, in line with the prevailing safe sleep practices recommended by Red Nose Australia.
4. Any child who indicates that they are tired will be provided with a suitable place to rest or sleep.
5. During rest periods, children who are not sleeping are to be provided with the opportunity to participate in restful experiences.
6. Each child who has a regular sleep will have access to a cot, toddler bed, or mattress which is in good condition and meets the relevant mandatory or voluntary safety standard.
7. Hammocks and prams/strollers do not carry safety codes for sleep. Babies should not be left in a 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. Bassinets are not allowed on the premises of any education and care service, including when families drop off and pick up their children.

Cots

9. "Red Nose" recommends sleeping a baby in a cot until at least 18 months of age.
10. Portable cots should not be used for a child who weighs more than 15kg.
11. In portable cots, use only the mattress that is supplied with the portable cot.
12. 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.
13. Mattresses that are not waterproof must be fitted with a waterproof cover. Waterproof mattresses and/or covers must be cleaned and disinfected at least weekly.
14. Clean sheets must be provided for each child and washed at least weekly.
15. Use only open weave blankets and ensure they are tucked in securely. Weighted blankets must never be accessible to young children.
16. Equipment such as bumpers, infant positioners, inclined sleepers, additional padding, pillows, soft toys and comforters should not be placed in cots.
17. 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.
18. Babies will be placed with their feet at the bottom of the cot to prevent wriggling under bedclothes.

Sleep Environment

19. Cots must be positioned away from blind or curtain cords or mobiles.
20. Children must not be put in cots or beds with bottles.
21. 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.
22. Soft toys, comforters, and pillows should not be used in the sleep and rest environment for children under 2.
23. Encourage the use of a safe baby sleeping bag with fitted neck, armholes and no hood.
24. If wrapping a young baby, follow the attached Red Nose "Safe Wrapping" guidelines.
25. Sleep checks must be conducted every 10-15 minutes and documented on the appropriate form.
26. Educators must be able to visually check the child's sleeping position, breathing, and the colour of the child's lips and skin, body temperature, head position, airway and the child's head and face, ensuring they remain uncovered.

Overnight Care

27. Portable cots, portable toddler beds, and bunk beds are not appropriate for overnight care.
28. prior to the educator retiring to bed, sleep checks must be conducted every 10-15 minutes and documented on the appropriate form..
29. Once the educator retires to bed, a baby monitor must be used for supervision of sleeping children.
30. Educators must ensure adequate measures are in place to prevent children accessing other parts of the house during the night.
31. Educators must ensure adequate measures are in place to prevent intruders from gaining access to the premises.
32. The evacuation rehearsal risk assessment must include procedures for exiting the premises in the event of an emergency such as fire during the night.

Date Implemented	Review Due	Date Reviewed	Date Updated	Source
2017 September	2019 March 2020 September 2021 February 2022 August 2023 June 2025 March	2019 March 2021 February	2019 August 2021 December 2023 September	<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