



Sleep and rest Policy

Aim

The service will provide a time of the day for the children to sleep and/or rest, because they need to regenerate. This rest time will be dependent on each child's age and physical needs. It will also encourage children to be responsible for their own wellbeing and health. The service will implement safe sleeping practices for all children in care.

Strategies

- We encourage all children to have a rest at a certain time of the day because they need to rejuvenate.
- Children from 1-5 years may bring a soft toy or security item, to ensure comfort and security at rest time. Security items will be encouraged to be kept in each individual child's bag and only used for rest time.
- Security items may be used as an aide to assist children to settle into the service environment.
- Educators may ask parents to indicate a child's sleeping patterns to assist in planning.
- Children should only be patted if they agree.
- Children will never be forced to have a sleep; however if a child falls to sleep on their own we will not attempt to wake them until a full sleep cycle has finished (this is approximately anywhere between 45 - 60 minutes).
- Children aged 2-3 years need about 12-13 hours sleep each day. Their nap normally consists of 1-2 hours. Educators will inform families of this and the research that explains some toddlers aren't keen on going to bed at night, and is the most common sleep problem reported by parents. It peaks around 18 months and improves with age. Reducing a nap necessarily will not improve the struggle of going to bed at night.
- Children aged 3-5 years will have the option to lay down to rest or sleep. Alternate options are quiet activities during this time so their bodies can unwind and relax.
- Educators may group children together according to who still sleeps and children who may not across the ages of 2-5 years (Wombat and Kangaroo rooms).
- Attitudes and beliefs of parents from various cultures and practices in regards to sleep are taken into account and respected when children are put to sleep.



- We believe it is more important that babies (Birth -2 years) and children are allowed to rest according to their individual needs rather than someone else's schedule.
- Children during rest time are to wear comfortable, non-restrictive clothing.
- Provision will be made for children who become unwell at the service until such time as they can be collected by their parents / care givers.
- All children will be supervised when resting or sleeping.

Birth -12 months

- Children twelve (12) months and under will not be permitted to use a pillow or any large comforter/security item in the cots
- Each baby is put into the same cot each day and this is left in the same place so the baby will feel more at home with this consistency and security.
- Parents are encouraged to communicate daily with educators on how their baby slept the previous night through verbal communication or the communication chart completed on drop off.
- Sleeping patterns at the service are to be recorded so educators can inform parents when they come to pick up their child.
- Educators are to complete the cot room check record every five (5) minutes for every child twelve (12) months and younger.
- Educators must follow safe sleeping recommendations as outlined by SIDS & Kids
 - Babies are to sleep on their back, unless otherwise directed in writing by a medical practitioner. Head and face should be uncovered.
 - Babies are to be placed at the end of the cot, to prevent wriggling under blankets and sheets.
 - Cot room kept at a comfortable temperature year round.
 - Doona's and quilts are not to be used. Rather, the use of light blankets such as thermal blankets is appropriate.
 - Babies are not to be exposed to cigarette smoke in the Childcare Service.
 - The cots used at the service will meet the Australian Standards 2172 and should be checked regularly for faults.
 - Mattresses on the cots are to be firm, clean and well fitted.
 - Toys, pillows, bumpers, lambskins and bottles are not to be in cots with babies whilst sleeping.



- Wrapped babies are to use muslin or cotton wraps, as they allow the baby to breathe through them if covering the face. Wraps, however, should be kept off the baby's face and checked regularly.
- Cots are not to be positioned in close proximity to any dangling cords, string or low mobiles.
- Electric blankets, wheat bags, water bottles are not to be used, as a baby who becomes too hot has an increased risk of SIDS.
- Babies are not to be put down to bed or in the cot with a bottle, as this increases the chance of babies choking and contributes to tooth decay.

Outdoor sleeping

- Educators draw on current research and guidelines when choosing times for children to sleep outdoors.
- The health benefits for children's immune systems while sleeping outdoors is of extreme importance and therefore outdoor sleeping practices are embedded within the daily routines. While we will ensure that we support and respect each families culture or beliefs, educators will explore the differences with families and the opportunities to create new practices together.
- Outdoor sleeping allows for greater distance between children and therefore minimised any risk of spreading illnesses or infections; especially COVID-19.
- Weather and other factors will be considered when making the decision to sleep outdoors, such as extreme heat or very wet weather.
- Colder or hotter temperatures are also considered when outdoor sleeping. Although there is no set temperature limit for when we would not sleep outdoors, we would assess this on a day to day basis and include our families and children in the decision-making process.
- Educators will use the SunSmart app and Sun Protection policy to ensure sun safe practices are being adhered to for children's safety. Our Sun Protection policy states that during June-July the UV index rarely rises above 2 meaning sun protection is not required. This will be shared with families as when children are sleeping outdoors this poses no risk relating to sun safety or needing to wear sunscreen.
- The children are placed in shade at all times when sleeping outdoors.
- Families will be shared information from the Sun Smart website and Cancer Council in relation to meeting regulations for sun safety.



- We will regularly share updated and relevant information and research with families when making these decisions together which supports educators' practices and choices.
- Children will be given the choice or option of where they wish to sleep during the day, which encourages them to take responsibility for their own health, safety and wellbeing in relation to the early years learning framework outcomes, principles and practices.

Relevant Legislation

National Quality Standards, Education and Care Services National Regulations and Early Years Learning Framework

National Quality Standard

Standard 2.1 – Each child's health and physical activity is supported and promoted.

Element 2.1.1

Standard 2.2 – Each child is protected

Element 2.2.1

Standard 3.1 - The design of the facilities is appropriate for the operation of a service.

Element 3.1.2

Standard 7.1 - Governance supports the operation of a quality service.

Element 7.1.2

National Regulations

Part 4.2 Children's health and safety

Section 3(2)(a); 167– Protection of children from harm or hazards

Regulation 81 – Sleep and rest

Early Years Learning Framework

Learning Outcome 1 – Children feel safe, secure and supported

Learning Outcome 2 – Children are connected with and contribute to their world

Learning Outcome 3 – Children become strong in their social and emotional wellbeing

Learning Outcome 4 – Children are confident and involved learners

Learning Outcome 5 – Children are effective communicators

United Nations Convention On The Rights Of The Child

Article 31 – Children have the right to relax, play and to join in a wide range of leisure activities.



Resources

- *Education and Care Services National Regulations October 2011*
- *Belonging, Being & Becoming: The Early Years Framework for Australia*
retrieved from : https://www.acecqa.gov.au/sites/default/files/2018-02/belonging_being_and_becoming_the_early_years_learning_framework_for_australia.pdf
- *National Quality Standard* retrieved from:
<https://www.acecqa.gov.au/nqf/national-quality-standard>
- *United Nations Convention On The Rights Of The Child* retrieved from:
<https://www.unicef.org.au/Upload/UNICEF/Media/Our%20work/childfriendlycr c.pdf>
- *Staying Healthy: Preventing infectious diseases in early childhood education and care services* (5th edition), 2013.
- *Health Direct* retrieved from: <https://www.healthdirect.gov.au/sudden-infant-death-syndrome-sids>
- *Red Nose* retrieved from: <https://rednose.org.au/section/safe-sleeping>
- *Raising Children* retrieved from:
<https://raisingchildren.net.au/newborns/sleep/understanding-sleep/about-sleep>
- *CELA Community Early Learning Australia* retrieved from:
https://www.cela.org.au/2021/05/17/do-you-embrace-year-round-outdoor-sleeping/?utm_medium=email&utm_campaign=Amplify%20-%20embracing%20year-round%20outdoor%20sleeping%20AND%20CELAs%20budget%20review%20202122%20-%2020210518&utm_content=Amplify%20-%20embracing%20year-round%20outdoor%20sleeping%20AND%20CELAs%20budget%20review%20202122%20-%2020210518+CID_dd402ad9c9feaf595297013231915b4a&utm_source=email&utm_term=FINN%20OUT%20MORE

Monitoring and Review

- Review the *Sleep and Rest Policy* every 12 months.
- Provide families with opportunities to contribute to the review of this policy.