



NARNIA EARLY LEARNING

ACN 002 919 584

(Administered by St. Philip's Christian Education Foundation Ltd.)

Sleep and Rest for Children and Infants Policy

Policy:

Narnia Early Learning is committed to ensuring a safe sleeping and resting environment for children in care. Our safe sleeping and resting procedures aim to meet the individual needs of all children in care, taking into consideration safe sleeping recommendations from Red Nose.

The centre understands that not all children require a day sleep, however we value the importance of life long health and the importance of teaching children how to relax and be calm which has lifelong health benefits (Rickard 1992).

Procedure:

- Children in the Preschool/Prep have a short rest after lunch. The Dancing Lawn Room provides opportunities for children to sleep and or rest according to their individual needs. During rest time children may listen to a story or calming music.
- Babies sleep according to their individual needs and routines.

The Nominated Supervisor (Centre Director) will:

- "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, development stages and individual needs of the children." (Regulation 81.)
- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.
- Refer to child safe standards to create conditions to reduce the likelihood of children being exposed to harm.
- Encourage day-to-day practices that prioritise child safety.
- Set clear expectations around child safety and ensure they are followed by staff

Educators will:

- Consult with families about children's sleep and rest needs. Educators will be sensitive to each child's needs so that sleep and rest times are a positive experience.
- Ensure that beds/mattresses are clean and in good repair. Beds and mattresses will be wiped over with water and neutral detergent between each use.
- Ensure that bed linen is clean and in good repair (0-2 linen supplied by centre). Bed linen is for use by an individual child and will be washed before use by another child.
- Arrange children's beds and cots to allow easy access for children and staff.
- Create a relaxing atmosphere for resting children by playing relaxation music, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed. The environment should be tranquil and calm for both educators and children. Educators will sit near resting children and support them by encouraging them to relax and listen to music or stories.
- Remember that children do not need to be "patted" to sleep. By providing a quiet, tranquil environment, children will choose to sleep if their body needs it. Some children request and enjoy a gentle massage or tickle on their backs. Each child's preference is adhered to.
- Encourage children to rest their bodies and minds for 20-30 minutes. If children are awake after this time, they will be provided quiet activities for the duration of rest time.
- Maintain adequate supervision and maintain educator ratios throughout the rest period.
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required.
- Communicate with families about their child's sleeping or rest times and the service policy regarding sleep and rest times.

- No comfort toys from home containing ribbons, loops, small removable parts, dummies with chains.
- Do not place anything (eg. Amber teething necklaces) around the neck of a sleeping child. The use of teething bracelets (eg. amber teething bracelets) is also not recommended while a child sleeps.
- Respect family preferences regarding sleep and rest and consider these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to sleep nor prevented from sleeping. Sleep and rest patterns will be recorded daily for families.
- Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing. If children change clothes, respect their need for privacy. The room temperature will be considered to ensure maximum comfort for the children.
- Cots and mattresses must be set up at least 30cm apart and sleep head to toe to reduce the risk of cross infection.
- Children in the Dancing Lawn supply their own sheets and take them home to be laundered daily/weekly.
- Supervision windows are to be kept clear
- Sleep area is to be safe and free from hazards

Children in Cots

Educators will:

- Observe children at **10 minute intervals** while they sleep in cot rooms. Educators must go into the rooms and physically see babies breathing. The educator will then officially record this. Ensure an Educator is always within hearing distance.
- Ensure that cot mattresses are clean, firm and the correct size for the cot frame.
- Ensure all cots meet Australian Standards
- Make up cots to comply with *Red Nose safe sleeping guidelines*. Babies will be placed on their backs to sleep, but they will be able to find their own sleeping position. No loose bedding is to be available to the child. Bed linen will be firmly tucked under the mattress to reduce the risk of a child covering their face. Put the baby's feet at the bottom of the cot so the baby cannot slip down under the covers. Tuck the baby in securely so bed linen is not loose. No doonas, duvets, pillows or cot bumpers will be placed in cots.
- Encourage the use of sleeping bags for babies. If they have fitted neck and armholes there is no risk for the child's face being covered.
- Securely lock cots sides into place to ensure children's safety.
- Cot rooms will be maintained at an appropriate temperature.
- Be aware of manual handling practices when lifting babies in and out of cots.
- Participate in staff development about safe sleeping practices. The education and care service will access the *Red Nose resource kit* and provide information to families on safe sleeping practices. Do not endorse practices requested by families if it differs from safe sleeping practices
- No child will be allowed to sleep with a necklace or beads as these may tighten during sleep and make breathing difficult and may even strangle a baby. Furthermore, strings of beads could break and individual beads could end up in a baby's mouth, presenting a choking hazard (Red Nose Recommendation).
- Discuss with families any concerns and provide information on child safe sleep practices as needed.
- Assess each child's circumstances and current health to determine whether higher supervision levels and checks may be required.

EVALUATION

Communications with families are maintained to encourage a consistent approach in responding appropriately and respectfully to children's sleep and rest needs. Safe sleeping practices are followed to minimise the risk of harm to children and babies.

Sources: *Education and Care Services National Law and Regulations, Early Years Learning Framework Work Health and Safety Act 2011, Red Nose <https://rednose.com.au/> NHMRC: *Staying Healthy Preventing infectious diseases in early childhood education and care services* Product Safety Australia, *Guide to Child Safe Standards**