

## **Sleep and Rest For Children Policy:**

### **Noarlunga Community Childrens Centres**

---



#### **Aim**

Our Rest and Sleep Policy is based on recommendations from SIDS & Kids. If a family's beliefs and practices are in conflict with SIDS & Kids, then the service will not endorse an alternative practice, unless the service is provided with written advice from a medical practitioner. In meeting the centre's duty of care, it is a requirement that management and staff implement and adhere to the service's Rest and Sleep Policy.

Our Centre believes in a short period of rest each day for every child to ensure their growth and development.

#### **Legislative Requirements**

##### **Federal**

United Nations Conventions on the Rights of a Child

National Childcare Accreditation Council

##### **SA**

Occupational Health, Safety and Welfare (SafeWork SA) Amendment Act 2005

Child Protection Act 1993

#### **Who is affected by this policy?**

Child

Staff

Families

Management

## Implementation

### Safe resting for babies (birth to 24 months)

- Babies will be placed on their back to rest.
- 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 the child's medical practitioner.
- If older babies turn over during their sleep, allow them to find their own sleeping position, but always lay them on their back when first placing them to rest.
- At no time will a baby's face be covered with bed linen.
- To prevent a baby from wriggling down under bed linen, they will be placed with their feet closest to the bottom end of the cot.
- Quilts and duvets will not be used as bed linen. Pillows, soft toys, lamb's wool and cot bumpers will not be used.
- Light bedding is the preferred option, which must be tucked in to prevent the baby from pulling bed linen over their head.
- Sleeping bags with a fitted neck and arm holes are an alternative option to bed linen and encourage a baby to rest on their back. Sleeping bags should not have a hood.
- Calm relaxing music will be played.

### Safe resting practices for toddlers (18month – 3 years).

- Toddlers will be placed on their back to rest, unless otherwise directed in writing by the child's medical practitioner.
- If toddlers turn over during their sleep, allow them to find their own sleeping position, but always lay them on their back when first placing them to rest.
- At no time will a toddler's face be covered with bed linen.
- If using a cot, toddlers will be placed with their feet closest to the bottom end of the cot to prevent them from wriggling down under bed linen.
- Quilts and duvets will not be used to cover toddlers in a cot or on a mattress. Pillows, soft toys, lambs wool and cot bumpers will not be used.
- Light bedding is the preferred option, which must be tucked in to prevent the toddler from pulling bed linen over their face.
- Sleeping bags with a fitted neck and arm holes are an alternative option to bed linen and encourage a toddler to rest on their back. If parents request to continue using the sleeping bag option when the toddler rests on a mattress, then the service will comply.
- Quiet experiences may be offered to those toddlers who do not fall asleep.
- Calm relaxing music will be played.

### **Safe resting practices for preschool children (3-5yrs)**

- Preschool children will be placed on their back to rest. If they turn over during their sleep, allow them to find their own sleeping position but always ask them to lay on their back when first placing them to rest.
- At no time will a preschooler's face be covered with bed linen when they are sleeping.
- Light bedding is the preferred option.
- Quiet experiences may be offered to preschoolers who do not fall asleep.
- Calm relaxing music will be played.

**Refer to the service's Illness, First Aid policies for unwell children.**

### **Supervision of resting children**

- All children who are resting will be supervised by staff.
- All children who have fallen asleep in the service will be monitored regularly with specific attention to breathing patterns. All babies will be monitored every 10 minutes.

**First aid for a non-breathing child will be administered by staff as per training and procedure displayed in the room. All qualified staff have current first qualification as per maintaining qualifications for the job. Refer to New Modern Childcare Award 1<sup>st</sup> January 2010.**

**Settling children for rest** – Carers will comfort children when required. We discourage rocking children to sleep as this will form an unworkable habit with families at home.

**Beds, Cot and Sleeping Areas Checks** - Every 4 weeks the service will conduct a safety check of the resting environments, equipment and/or aids by following the Bedding and Cot room Audit.

**Cots**- All cots meet Australian Standards for Cots and be labelled AS 2172. As per NSW Children's Service Regulation 2004. Cot mattresses should be in good condition, clean, firm, flat and must fit the cot base with no more than a 25mm gap between the mattress and the sides of the cot.

**Prams and strollers not to be used for children to sleep in.**

### **Hygiene practices, please refer to our cleaning schedules**

- Cots and mattresses protective covers are cleaned with soap and water are visibly soiled and as per cleaning schedule which is displayed in rooms.
- Each child has their own bed linen. Children's bed linen will be washed at the end of care during the week or at the end of week, whichever comes first.

**Rest environment** - Room temperature, airflow and lighting during rest periods will meet the NSW Children's Service Regulations 2004.

**Rest and sleep times of the day** - Our routine involves a rest time everyday but we also provide rest time outside this time if required by children.

**Sleepwear** - Staff monitor the temperature of the rest environment and address children's clothing needs. Children will not have hoods and cords from clothing as per our clothing policy.

**Communicating with families** - Rest strategies and practices are outlined in the Family Handbook, enrolment forms, newsletters, poster and brochures. Information regarding SIDS & Kids Safe Sleeping Practices will be displayed on noticeboards and given to all new enrolments.

## **Sources**

Australian Bureau of Statistics (ABS). (2003). *SIDS in Australia 1981-2000: A statistical overview*. Retrieved 14 February, 2007, Link current as 1<sup>st</sup> March 2010 from [http://www.sidsandkids.org/documents/finalsidspaper2003\\_002.pdf](http://www.sidsandkids.org/documents/finalsidspaper2003_002.pdf)

SIDS & Kids. *Wrapping babies* Retrieved 1<sup>st</sup> March 2010, <http://www.sidsandkidsvic.org/safe-sleeping-education>

SIDS & Kids. (2005a). *Fast facts: Past, present & future*. Retrieved 1 March, 2010, current as 1<sup>st</sup> March 2010 from <http://www.sidsandkids.org/documents/11504%20SIDSKids%20FastFacts.pdf>

SIDS & Kids. (2005b). *SIDS & Kids: Safe sleeping in child care kit*. NSW: Author.

SIDS & Kids. (2005c). *SIDS & Kids: Safe sleeping – Lullabies aren't the only things you'll need to know to put you baby to sleep*. [Brochure]. NSW: Author.

SIDS & Kids. (2005e). *Wrapping infants*. Retrieved February 13, 2007, current as 1<sup>st</sup> March 2010 from <http://www.sidsandkids.org/documents/nov05WrappingSTATEMENT1.pdf>

SIDS & Kids (2006a). *Information statement: Baby's head shape*. Retrieved 1 March, 2010, current as 1<sup>st</sup> March 2010 from <http://www.sidsandkids.org/documents/Plagiocephaly%20January%202006.pdf>

SIDS & Kids. (2006b). *Sudden Unexpected Death in Infants (SUDI) frequently asked questions: SIDS & Kids: Safe sleeping in child care kit*. NSW: Author.

UNICEF (n.d.). *Fact sheet: A summary of the rights under the Convention on the Rights of the Child*. Retrieved March 1, 2010, current as 1<sup>st</sup> March 2010 from [http://www.unicef.org/crc/files/Rights\\_overview.pdf](http://www.unicef.org/crc/files/Rights_overview.pdf)

United Nations Conventions on the Rights of a Child

National Childcare Accreditation Council

SA

Occupational Health, Safety and Welfare (SafeWork SA) Amendment Act 2005

Child Protection Act 1993

## **Cot and nursery furniture safety**

Australian Competition and Consumer Commission (ACCC). (2006). *Keeping baby safe: A guide to nursery furniture*. Retrieved 21 February, 2007, current as 1<sup>st</sup> March 2010 from [www.accc.gov.au/content/item.phtml?itemId=655340&nodeId=ba3a5efb470b90c180697e724de2b782&fn=Keeping%20baby%20safe%E2%80%94July%202006.pdf](http://www.accc.gov.au/content/item.phtml?itemId=655340&nodeId=ba3a5efb470b90c180697e724de2b782&fn=Keeping%20baby%20safe%E2%80%94July%202006.pdf)

Policy created date 1<sup>st</sup> march 2010

Reviewed: December 2010 Date for next review: December 2012