Rationale

Respectful rest and sleep times are important factors in ensuring children feel safe and secure in a children's education and care centre. The creation of calm, relaxed and restful spaces and places provide a sense of tranquillity that enhances children's development and learning. SDN recognises the duty of care to provide safe, relaxed and healthy sleep and rest environments that value children's rights and family beliefs. This policy is based on current research and recommended evidence-based principles and guidelines from Red Nose (formerly SIDS and Kids).

Scope

This policy applies to SDN Children's Education and Care Centres and Preschools.

Policy

SDN will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. SDN will ensure that sleeping infants and children under two are closely monitored and that all sleeping children are in sight and/or hearing of an educator at all times. All staff members will adhere to current recommendations issued by recognised authority Red Nose regarding safe sleeping practices and environments.

Sleep and rest areas will be maintained at a comfortable temperature to avoid overheating, have sufficient light to enable effective supervision and sleep checks, and will be well ventilated, either with fresh air from open windows if safe to do so, or using mechanical ventilation if needed. All cots, bedding and bedding equipment will meet Australian Safety Standard AS/NZS 2172 and AS/NZS 8811.1:2013.

Related SDN Documents

Policies

- GI-HLP-1.07: Providing Access to Child Safe Physical and Online Environments
- SD-OP 2.05: Supervision of Children

Procedure

- SD-PRO-2.12-01: Rest and Sleep

Relevant Legislation/Regulations

- Education and Care Services National Law Act 2010
- Education and Care Services National Regulations 2011, regulations -84a, 84b, 84c, 84d, 103, 105, 110, 165, 167 and 168

- Schedule 1: National Quality Standard, quality areas 2 and 3, standards 2.1, 2.2, 3.1 and 3.2, element 2.1.1, 3.1.1, 3.1.2

Other References/Related Documents

- Australian Competition and Consumer Commission (ACCC). (2013). Keeping baby safe: A guide to nursery furniture
- Australian Competition and Consumer Commission (ACCC). (2013). Keeping baby safe: A guide to infant and nursery products
  - https://rednose.com.au/section/safe-sleeping
  - http://www.productsafety.gov.au
  - https://education.nsw.gov.au/content/dam/main-education/early-childhood-education/operating-an-early-childhood-education-service/media/documents/policy-and-procedure-guidance/sleep-and-rest-for-children-policy-guidelines-for-ecec-services.pdf
  - https://education.nsw.gov.au/content/dam/main-education/early-childhood-education/operating-an-early-childhood-education-service/media/documents/policy-and-procedure-guidance/sleep-and-rest-for-children-policy-guidelines-for-ecec-services.pdf