POLICY STATEMENT

Deniliquin Children’s Centre has a duty of care to ensure that all children are provided with a high level of safety when resting or sleeping while in care. Educators will follow the child care practices recommended by the SIDS and Kids safe sleeping program to reduce the risk of SIDS and create a safe sleeping environment.

RATIONALE

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.

The service consults with families about their child’s individual needs and to be aware of the different values and parenting beliefs, cultural or otherwise that are associated with rest.

PROCEDURE

Rest and sleep times of the day

Our routine involves a set rest time every day, but we also provide rest time outside this time if required by children. We encourage flexible resting periods for babies meeting individual resting needs.

A quiet rest space is provided in all outdoor environments. This may include, but not limited to a mat and cushions.

Communicating with families

Educators will communicate with families at enrolment about their child’s sleep and rest routines and as these routines change. Discussions with families about the SIDS and Kids safe sleeping practices will occur at orientation.

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.
The centre has purchased a SIDS and *Kids safe sleeping child care kit* for staff and families to refer to.

Staff will inform parents or caregivers of the recommended *SIDS and Kids Safe Sleeping Policy*. Information on safe sleeping practices is available in-home language(s) of families using the centre.

Staff and parents will review this policy, sleeping and rest routines and equipment as necessary or when recommendations change.

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

- Babies will be placed on their back to rest.
- If a medical condition, families beliefs and practises exist 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. For example, only in rare medical conditions is it necessary for a baby to sleep on its stomach or side. The service will only endorse this practice if the baby’s medical practitioner supports the alternative sleeping practice in writing with sound medical reasons.
- 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, or placed around the cot. 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.
- Hooded clothing, necklaces, bracelets etc will be removed from the child before rest.
- Calm relaxing music will be played.
- The service is a smoke free environment as exposure to cigarette smoke increases the risk if SIDS.
- Staff will consult with families about each children individual needs for rest and sleep in order to maximise continuity between routines at home and in the centre.
- Families are welcome to bring in comforter items for their child/children.

**Safe resting practices for toddlers (18months – 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.
• 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 will be offered to those toddlers who do not fall asleep.

• Calm relaxing music will be played.

• A sleep room/area which is set up with stretcher beds available for children to sleep at any time throughout the day. Stretchers are arranged to reduce the risk of cross infection between children.

• Each stretcher is made up using clean sheets and positioned to allow easy access for each child.

• When in use, the window in the sleep room will be opened and ceiling fan turned on to ensure adequate fresh air and ventilation.

• Educators will regularly check beds and linen are in good repair.

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 pre-schooler’s face be covered with bed linen when they are sleeping.

• Light bedding is the preferred option.

• Quiet experiences will be offered to pre-schoolers who do not fall asleep.

• Calm relaxing music will be played.

• A sleep room/area which is set up with stretcher beds is available for children to sleep at any time throughout the day. Stretchers are arranged to reduce the risk of cross infection between children.

• Each stretcher is made up using clean sheets and positioned to allow easy access for each child.

• When in use, the window in the sleep room will be opened and ceiling fan turned on to ensure adequate fresh air and ventilation.

• Educators will regularly check beds and linen are in good repair.

Refer to the service’s Incident, Injury, Illness & Trauma Policy.

Supervision of resting children

• All children who are resting will be supervised by educators.

• All children who have fallen asleep in the service will be monitored regularly with specific attention to breathing patterns. All children will be monitored every 15 minutes.

• Educators will record each child’s sleep times for family information
First aid for a non-breathing child will be administered by educators as per training and procedure displayed in the room.

Settling children for rest

The techniques and strategies for settling a child/children for rest may reflect the:

- individual needs of the child or group of children;
- parenting beliefs and values of families accessing the service;
- professional philosophy, knowledge and experience of educators
- cultural and religious practices;
- frequency of days that the child attends care;
- circumstances or events happening at home;
- consistency of practices between home and care;
- child’s general health and wellbeing;
- status or condition of the rest environment; and
- use of comforters or resting aids (including dummies and security blankets).

There is no definitive recognised authority for settling practices for resting children. However, there are general best practice standards. When considering settling procedures for resting children, it is important for educators to:

- meet the individual needs of children;
- maintain health and safety practices;
- minimise any distress or discomfort;
- acknowledge children’s emotions, feelings and fears;
- avoid using settling and resting practices as a behaviour guidance strategy because the child begins to relate to the rest environment, which should be calm and secure, as a disciplinary setting; and
- understand that young children (especially from 0 to 3 years of age) settle confidently when they have formed bonds with familiar and trusted educators. Services should prioritise their staffing needs with individuals who are familiar with the young children in care before using relief staff whom children may not know.

Beds, Cot and Sleeping Areas Checks

At the start of each quarter, the service will conduct a safety check of the resting environments, equipment and/or aids by following the ‘Building and equipment maintenance procedure- bedding and cot area audit’ (see attached)

Cots

All Cots comply with the requirements of either the Australian/New Zealand Standard AS/NZS 2172:2010,
• 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.

• Note: educators should assess whether older babies or toddlers have the ability to climb over the sides of a cot as this presents a safety risk.

Portable cots (or portacots)

Portable cots should meet the Cots for household use—Safety requirements or the Australian/New Zealand Standard AS/NZS 2195:2010, Folding cots—Safety requirements.

• Educators will ensure that a portacot is placed in an area that is a safe distance from heaters, electrical appliances and hanging cords or string.

• Only the supplied portacot mattress will be used in a portacot.

• Educators will not place an extra mattress or padding under or over the manufacturer’s portacot mattress.

• Note: educators should assess whether older babies or toddlers have the ability to climb over the sides of a cot as this presents a safety risk.

Pram and strollers are not to be used for children to sleep in.

Hygiene practices

• Cots and mattresses protective covers are cleaned with soap and water are visibly soiled and as per Hygiene and Infection Control Policy.

• Each child has their own bed linen. Mobile families are asked to provide their own bed linen. Children’s bed linen in Childcare and Mobile will be washed at the end of care during the week or at the end of week, whichever comes first.

Sleepwear

Educators monitor the temperature of the rest environment and address children’s clothing needs. Children resting in jumpers with hoods and cords are at higher risk of choking and should be removed when resting.

Sleepwear should take into consideration the:

• child’s age;

• safe resting practices established by the service;

• temperature of the rest environment;

• bed linen used for resting; and

• child’s individual needs.

LEGISLATIVE LINKS AND SOURCES

• SIDS & Kids website.

• Education & Care Services National Regulations 81

• United Nations Conventions on the Rights of a Child

• Occupational Health and Safety Act 2000

• Occupational Health and Safety Regulations 2001

• Children and Young Persons (Care and Protection) Act 1998
- National Childcare Accreditation Council
- National Quality Framework Standard 2.1, Element:2.1.2

**Attachments**

NQS2.15 A1 Building and equipment maintenance procedure- Bedding and cot area audit

<table>
<thead>
<tr>
<th>Building and equipment maintenance procedure- bedding and cot area audit</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>QIAS Principle</strong></td>
<td>5.4.3, 6.5.1</td>
</tr>
<tr>
<td>Staff Name:</td>
<td>Date:</td>
</tr>
<tr>
<td>Staff Signature:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>N/A</th>
<th>Bedding Safety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>All beds are to be adequately spaced allowing staff members to move freely among cots and beds.</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>All cords are to be concealed away from cots and sleeping areas.</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>Cot Room - All electric cords and power boards are to be inaccessible to all children at all times.</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>Cot Room - All unused power sockets all are to have safety plugs in them.</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>Children are not to be put to bed with dummy chains, bottles, doonas, jewellery etc.</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>Appropriate heating and/or cooling needs to be provided within the room</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>The room needs to have access to natural light.</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>The room needs to be well ventilated.</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>Cot room is not to be used as a storage room.</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>Light switches need to be visible and easily locatable.</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>Doors need to be in good working order and operational.</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>Cots are to meet Australian Standards. Standard Label Identified.</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>No visible sign of damage on beds</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>No visible sign of damage on cots</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>No paint peeling from cots or beds</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>Plastic beds not brittle</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>No finger traps on beds, particularly older style beds</td>
</tr>
</tbody>
</table>
Yes | No | N/A | Staff are to be mindful of how they are carrying and placing children into their cots.