

Quality Area Two: Children's Health and Safety

Sleep, Rest, Relaxation and Clothing

Date for next review: March 2019



Policy introduction

Our programs aim to meet each child's need for sleep, rest and relaxation in a safe and caring manner, taking into consideration the preferences and practices of each child's family. Kids@Weldon defines 'rest' as a period of inactivity, solitude, calmness or tranquillity, and may include a child being in a state of sleep.

Our policy in action

Children benefit from periods of rest which help them grow and ensures their learning and development needs are met. At Kids@Weldon we implement rest periods which are consistent with the developmental needs of children.

The Nominated Supervisor will ensure:

- There is a quiet and restful environment for sleep and rest that enables educators to see, hear and closely monitor children.
- There are comfortable spaces for children to engage in quiet experiences.
- Educator to child ratios are maintained at all times children are sleeping and resting.
- A copy of this policy is provided to parents during enrolment.
- Information about safe sleeping practices for babies and toddlers is displayed in our cot rooms and in our parent information area.

The Nominated Supervisor will ensure Educators, Staff & Volunteers:

- Accommodate each child's and family's preferences for rest, sleep and clothing to the extent they are consistent with our policies and requirements. This includes preferences related to a child's social and cultural heritage.
- Follow the procedures in this policy which are based on recommendations from SIDS and Kids. If a child has a medical condition which prevents educators from following these procedures, for example a condition which prevents a child from being placed on their back, an alternative resting practice must be authorised by a registered medical practitioner in writing. This should be part of a child's Medical Management Plan.
- Communicate daily with parents about their child's sleep and rest routines at the service and at home.
- Regularly monitor all children who are sleeping with specific attention to breathing patterns, and monitor all babies every 10 minutes and recorded on the Cot Check Monitor.
- Monitor the temperature of the rest environment to ensure it is comfortable without becoming too hot or cold.
- Help children learn about their needs for rest and comfort and where appropriate negotiate the need for sleep and rest with children. Children will be encouraged to communicate their needs where possible and to make appropriate decisions.
- Provide children who do not sleep and have rested with quiet activities.
- Support children who need rest and relaxation outside our designated "rest time."
- Group children in a way that minimises overcrowding.
- Comfort children when required. We discourage rocking children to sleep so that children do not come to expect this from their families at home.

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- Respect the privacy needs of each child when dressing and undressing.

Statutory legislation and considerations

- Education and Care Services National Law 2010
- Education and Care Services National Regulations 2011
- Early Years Learning Framework 2009
- My Time Our Place 2011

Strategies for policy implementation

As the approved provider we will:

- Ensure the nominated supervisor fulfils their responsibilities in the management of child sleep, rest, relaxation and clothing

Safe resting practices for babies (birth to 24 months)

The Nominated Supervisor, Educators, Staff and Volunteers will:

- Place babies on their back to rest (unless a medical practitioner has authorised an alternative resting practice due to a medical condition).
- Allow older babies to find their own sleeping position if they move after being placed on their back to rest.
- Ensure a baby's face is never covered with bed linen while they are sleeping.
- Place babies so their feet are close to the bottom end of the cot and they cannot wriggle under the bed linen.
- Ensure quilts and doonas are not used as bed linen, and that pillows, soft toys, lamb's wool and cot bumpers are not used.
- Use light bedding as the preferred option, and tuck all bedding in to prevent a baby from pulling it over their head. Sleeping bags with a fitted neck and arm holes (and no hood) may also be used instead of bed linen.
- Play calm, relaxing music.
- Provide dummies if required but they will not be attached to chains.

Safe resting practices for toddlers (18 months to 3 years)

The Nominated Supervisor, Educators, Staff and Volunteers will:

- Place toddlers on their back to rest (unless a medical practitioner has authorised an alternative resting practice due to a medical condition).
- Allow toddlers to find their own sleeping position if they move after being placed on their back to rest.
- Position child's bedding so that children are laying head to toe with sufficient space in between each bead and ensuring no exits are blocked.
- Ensure a toddler's face is never covered with bed linen while they are sleeping.
- If using a cot, place toddlers so their feet are close to the bottom end of the cot and they cannot wriggle under the bed linen.

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- Ensure quilts and doonas are not used as bed linen, and that pillows, soft toys, lamb's wool and cot bumpers are not used
- Use light bedding as the preferred option, and tuck all bedding in to prevent a baby from pulling it over their head. Sleeping bags with a fitted neck and arm holes (and no hood) may also be used in cots or on mattresses/beds instead of bed linen.
- Offer quiet experiences to those toddlers who do not fall asleep.
- Play calm, relaxing music.

Safe resting practices for preschool children

The Nominated Supervisor, Educators, Staff and Volunteers will:

- Place preschool children on their back to rest (or ask them to lay on their back to rest).
- Allow preschool children to find their own sleeping position if they move while sleeping or after lying on their back initially.
- Position child's bedding so that children are laying head to toe with sufficient space in between each bed and ensuring no exits are blocked.
- Ensure a preschool child's face is never covered with bed linen while they are sleeping.
- Use light bedding as the preferred option
- Offer quiet experiences to those preschool children who do not fall asleep.
- Play calm, relaxing music.

Safe resting practices for school aged children

The Nominated Supervisor, Educators, Staff and Volunteers will:

- Ensure that if a school age child requests rest then there is a designated area for the child to be inactive and calm, if possible away from the main group of children
- Ensure the designated rest area provided consists of either a cushion, mat or seat in a quiet section of the care environment
- Provided quiet, calm play experiences for those school age children who request the need for a rest or time away from other children
- Recognise that safe resting practices are relevant to school age children. If school aged children are resting they are required to be monitored at regular intervals
- Ensure children's faces are never covered with bed linen while they are resting/sleeping
- May choose to provide light bedding if requested by the child

Cots

All cots must meet Australian Standards and be labelled AS/NZS 2172:2010 or AS/NZS 2195:2010 (folding cots)

- Cot mattresses should be in good condition, clean, firm, flat and must fit the cot base with no more than a 20mm gap between the mattress and the sides of the cot.
- The distance between slats must be at least 50 mm.
- For cots in the lowest base position the distance between the top of the mattress base and the top edge of the lowest cot side or end must be a minimum of:
 - 600 mm when the access is closed

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- 250 mm when the access is open.
- For cots in the upper base position the distance between the top of the mattress base and the top edge of the lowest cot side or end must be a minimum of:
 - 400 mm when the access is closed
 - 250 mm when the access is open.

Refer www.productsafety.gov.au for more information.

Prams and strollers will not be used for children to sleep or rest in.

Hygiene Practices

The Nominated Supervisor will ensure:

- Cots and mattress protective covers are cleaned with soap and water daily and if visibly soiled. If a child soils a cot or mattress educators, staff and volunteers will:
 - Wash hands and put on gloves
 - Clean the child
 - Remove gloves
 - Dress the child, wash the child's hands and their hands
 - Put on gloves
 - Clean the cot
 - Remove the bulk of the soiling or spill with absorbent paper towels
 - Place the soiled linen in a plastic-lined, lidded laundry bin
 - Remove any visible soiling of the cot or mattress by cleaning thoroughly with detergent and water
 - Remove gloves and wash hands
- Provide clean linen for the cot.
Cleaning schedules are displayed in rooms. (Refer to the Physical Environment Policy for cleaning schedules.)
- Each child has their own bed linen and it is washed every week following their last day at the service.

Children's Clothing

The Nominated Supervisor, Educators, Staff and Volunteers will discuss with parents the need for children to be dressed in clothes that:

- Are suitable for the weather i.e. loose and cool in summer to prevent overheating and warm enough for cold weather including outdoor play in winter.
- Protect them from the sun during outdoor play (refer Sun Protection Policy).
- Allow children to explore and play freely.
- Do not restrict children's comfort or compromise their safety when sleeping and resting. eg Clothes with hoods or cords are not suitable for babies or toddlers to sleep in.
- Allow easy access for toileting i.e. elasticised trousers, track pants – rather than buttons, zips, belts etc.
- Can get dirty when children play and engage in programmed activities. Children should not come dressed in their best clothes.
- Include appropriate footwear so children can play comfortably and safely. i.e. thongs, clogs

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- or backless shoes have a trip factor and do not allow children to use equipment safely.
- Are clearly labelled with the child's name.

Educators, Staff and Volunteers will:

- Ensure children are protected from the sun during outdoor activities in accordance with the Sun Protection Policy.
- Monitor children to ensure they are appropriately dressed for all weather, play experiences, rest and sleep routines.
- Provide clean and appropriate spare clothing to children if needed.
- Encourage children to use aprons for messy play and art experiences to protect their clothing.

Policy Availability

- This policy will be readily accessible to all educators, staff, families and visitors, and ongoing feedback on this policy will be invited

Review

- Management and staff will monitor and review the effectiveness of this policy regularly. Updated information will be incorporated as required

Evaluation

- Educators respond in an effective manner to any issues with child sleep, rest, relaxation and clothing. Ensuring documentation is completed, shared, and stored as appropriate
- Plans to effectively manage child sleep, rest, relaxation and clothing are developed in consultation with families, and implemented
- Regular reviews of procedures and policy are implemented

Procedures

The following list of procedures supports the implementation of this policy:

- Safe Resting Practices for Babies
- Safe Resting Practices for Toddlers
- Safe Resting practices for Preschool Children
- Safe Resting practices for School Aged Children
- Cots
- Hygiene Practices
- Children's Clothing

Links to other policies

The following policies may be linked to this policy:

- Interaction with Children
- Medical Conditions
- Educational Programme
- Physical Environment
- Family Participation and Communication

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The National Quality Framework

Education and Care Services National Law Act 2010

Education and Care Services National Regulations 2011: 81, 103, 105, 110, 115, 168 (2) (a)

National Quality Standard for Early Childhood Education and Care and School Age Care:

Standard 2.1: Element 2.1.1, 2.1.2

Early Years Learning Framework: Learning Outcome 3, Pg 30

My Time Our Place Framework: Learning Outcome 3, Pg 29

Sources

- Education and Care Services National Regulations 2011
- Early Years Learning Framework/My Time Our Place
- Work Health and Safety Act 2011
- Work Health and Safety Regulations 2011
- Standards Australia: AS/NZS 2172:2010, Cots for household use—Safety requirements
- Standards Australia AS/NZS 2195:2010, Folding cots—Safety requirements
- Sidsandkids - www.sidsandkids.org
- Sidsandkids Brochures - Making Up Baby's Cot, Safe Sleeping , Infant Safe Sleeping Child Care Kit, Cot to Bed Safety, Safe Wrapping
- SidsandKids information sheets - Bedding Amount Recommended for Safe Sleep, Pillow Use, Room Temperature, Sleeping Position for Babies with Gastro-Oesophageal Reflex, Soft Toys in the Cot, Wrapping Babies
- SidsandKids - Sudden Unexpected Death in Infancy Frequently Asked Questions
- NHMRC - Staying Healthy Preventing infectious diseases in early childhood education and care services
- Early Childhood Australia Code of Ethics
- National Quality Standards

Policy Details

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