

PURPOSE

We are committed to providing children with safe practices and environments. We respect children's rights to sleep, rest and relaxation in accordance with the United Nations Convention on the Rights of the Child, in particular article 31.

SCOPE

This policy applies to all Educators, Educator Assistants, families, and children that attend Clarence Family Day Care.

POLICY

At our service, we will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. The risk of Sudden Infant Death Syndrome (SIDS) for infants will be minimised by following practices and guidelines set out by health authorities.

Our FDC Service defines 'rest' as a period of inactivity, solitude, calmness, or tranquillity, and can include a child being in a state of sleep. Considering the busy and energetic nature of a child's day, we feel that it is important for children to participate in a quiet/rest period during the day in order to rest, relax, and recharge their body. Effective rest strategies are important factors in ensuring a child feels secure and safe in an early childhood environment.

Educators will consult with families about their child's individual needs, ensuring all parties are aware of the different values, cultural, and parenting beliefs and practices, or opinions associated with sleep requirements.

If a family's beliefs and requests are against current recommended evidence-based guidelines, our FDC Service will need to determine if there are exceptional circumstances that allow for alternate practices. We will only approve an alternative practice if the Service is provided with written advice from, and the contact details of a registered medical practitioner accompanied by a risk assessment and risk minimisation plan for individual children. We have a duty of care to ensure children are provided with a high level of safety when sleeping and resting and every reasonable precaution is taken to protect them from harm and hazard. In meeting the Service's duty of care, it is a requirement that all Educators and Educator Assistants implement and adhere to this policy to ensure we respect and cater for each child's specific needs.

- We support Article 31 from the UN Convention on the Rights of the Child that states: "Children have the right to relax, play and to join in a wide range of leisure activities".
- Effective sleep and rest strategies are important factors in ensuring a child feels secure while being cared for within an educator's service.
- Educators have a duty of care to ensure infants and children are provided with a high level of safety when sleeping and resting, and every precaution is taken to protect them from harm and hazard.
- Approved providers are responsible for ensuring sleep and rest policies and procedures are in place. Educators will be provided with information from time to time regarding safe sleeping practices based on current research and recommended evidence-based principles and guidelines. Educators are also responsible for ensuring that they keep up to date with current industry recommendations.
- Red Nose (formally SIDS and Kids) is considered the recognised National Authority on safe sleeping practices for infants and toddlers.
- Children have different sleep, rest and relaxation needs. Children of the same age can have different sleep patterns, Educators need to consider these different requirements.

PROCEDURE

Children have different sleep, rest and relaxation needs. Children of the same age can have different sleep patterns and Educators need to consider these different requirements. In order to provide a positive, safe sleep and rest time experience educators will:

- Take into consideration each child's age, developmental stage and individual needs.
- Discuss each child's sleep patterns and rest needs with parents/guardians before the child commences care and periodically as the child becomes older to promote a positive sleep/rest experience.
- Respect family preferences and cultural differences for sleep and rest.
- Remind families that children will neither be forced to sleep nor prevented from sleeping and the service is obligated to adhere to safe sleeping practices. Show parents the cot/bed that their child will sleep in and discuss who will supply and launder bed linen.
- Ensure areas for sleep and rest are well ventilated and have natural lighting.
- Ensure a comfortable temperature is maintained.
- Provide adequate cots/bedding for each child that meet mandatory Australian standards.
- Ensure all sleeping materials are clean and in good repair.
- Create a calm and relaxed atmosphere for sleep/rest by playing music, reading stories, dimming the lights and cultural reflection for specific sleep practices and routines of individual children. Children's perspectives on what is restful for them should be considered through consultation with the child (age-appropriate).
- Ensuring children are comfortably clothed and shoes removed.
- Encourage children to rest their bodies for 20-30 minutes. If children are not asleep they will be provided with quiet activities for the duration of rest time. Children not resting will be encouraged to respect the needs of sleeping children and educators will promote this with the thoughtful organisation of their learning environments.
- Directly observe individual babies and/or children sleeping and resting at 10-15 minute intervals and officially record this on the sleep supervision checklist. Educators must physically see the baby/child breathing. Adjust frequency of supervision based on the child's current health status.
- Communicate with families about their child's sleeping or rest times.
- All children are to be provided with opportunities to participate in a range of energetic, active and relaxing experiences throughout the day.
- For children with health and medical issues: any requests where sleep practices are different to SIDS guidelines must be confirmed in writing by the child's medical practitioner. A Medical Condition Risk Minimisation and Communication Plan is also to be completed in consultation with the family.

Reducing risk of Sudden Unexpected Death in Infancy

When providing care for children, especially for children under 2 years of age, educators must minimise the risk of sudden unexpected death in infancy and other sleep related hazards, by:

- Ensuring a smoke free environment is maintained for young children at all times.
- Compliance with Red Nose safe sleeping guidelines and placing babies and young children on their backs to sleep.
- Ensuring no loose bedding, cords or toys are in the cot.
- Removing any necklaces (e.g. amber necklaces) or jewellery the baby or child may be wearing that could constitute a strangulation or choking hazard.
- Ensuring the child's head remains uncovered and clothing is free of drawstrings, ribbons or cords.
- Bed linen is firmly tucked under the mattress to reduce the risk of a child covering their face.
- Babies' feet are placed at the bottom of the cot, so they cannot slip under the covers.
- Ensuring the mattress is firm, clean, flat and is the right size for the cot.
- Removing any quilts, doonas, duvets, pillows, toys and cot bumpers.
- Providing a separate cot/bed and bedding for each child.
- Ensuring the cot complies with mandatory standards for household cots AS/NZS 2172:2003

(note amendments to AS/NZS 2172:2003 in 2013) and are labelled to indicate. Portable cots comply with mandatory standards AS/NZS 2195-2010. (note AS/NZS 2195-2010 amendment in 2015)

- Ensuring bassinets, hammocks, and prams/strollers will not be used as a substitute for a cot.
- Ensuring babies and children are not put to bed with a bottle.
- Feeding bottle fed babies their bottle before being placed in bed.
- Follow "Wrapping Babies" found on the Red Nose website for safe wrapping procedures.
- Use of a baby monitor plus 10-15 minute direct checks is recommended if infants are sleeping in a separate room. The monitor is to be kept turned on and must remain with the educator at all times.
- Sleep areas are to be kept free of animals/pets at all times.

What is a Safe Cot?

- A safe cot is one that meets the Australian Standard for cots.
- All new and second-hand cots sold in Australia must meet the current Australian and New Zealand Standard for Household Cots AS/NZS 2172:2003 (note amendments to AS/NZS 2172:2003 in 2013) and are labelled to indicate. Portable cots comply with mandatory standards AS/NZS 2195-2010. (note AS/NZS 2195-2010 amendment in 2015)
- If you are planning to use a second-hand cot, check that it meets those standards.
- Only use a single, firm, mattress that fits snugly (within 20 mm of sides and ends) into the cot.
- The mattress must be flat (not tilted or elevated).
- Do not use cot bumpers or soft bedding, as these have been associated with fatal sleep accidents
- For further details about cot measurements, see the Australian Government's Product Safety website at www.productsafety.gov.au.
- Old or second-hand cots may be dangerous.
- Never place baby in a cot that does not meet current Australian safety standards.

Portable Cots

- All portable cots sold in Australian stores must meet the mandatory Australian Standard AS/NZS 2195 -2010 (note amendment in 2015) for portable cots (porta cot).
- When assembling a portable cot, it is important to read the instructions carefully, the instructions are there to help keep baby safe from sleeping accidents
- Educators must provide evidence to Clarence Family Day Care that the portable cot complies with Australian Standards for portable cots
- Only use the firm, thin, well-fitting mattress supplied with the portable cot.
- Never add a second mattress or additional padding under or over the mattress, specifically designed for the porta cot, as baby may become trapped face down in gaps between the mattress and the sides.
- If accepting a second-hand portable cot, there must be a label or sticker that states compliance with AS/NZ 2195-2010 (as per Kidsafe recommendation).
- Wear and tear can expose baby to hazards.
- Only use a portable cot that has the mesh intact and that has no broken parts.
- Ensure that the base is flat and regularly check the porta cot for signs of damage.
- Do not use bedding that has exposed elastic as this presents a strangulation hazard for baby.
- Do not use a portable cot if your child weighs more than 15kg (or check instructions of your particular model).

NATIONAL QUALITY FRAMEWORK

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	NATIONAL QUALITY AREA	NATIONAL QUALITY ELEMENT/STANDARD
81, 82, 83, 86, 103, 105, 110, 115, 161, 166, 168, 176	2	2.1, 2.1.1, 2.2.1, 2
	3	3.1, 3.1.1, 3.1.2, 3.2.2
	4	4.2.2
	5	5.1, 5.1.2, 5.2.2
	6	6.2.1, 6.2.2

REFERENCE & RELATED INFORMATION

- Education and Care Services National Law Act
- Education and Care Services National Regulations
- Australian Children's Education & Care Quality Authority (ACECQA)
- National Quality Standards
- United Nations Human Rights. Office of the High Commissioner. Convention on the Rights of the Child
- Australian Government Product Safety website <https://www.productsafety.gov.au/>
- Red Nose organisation <https://rednose.org.au/>
- Australian and New Zealand Standards <https://www.standards.org.au/>