

# SLEEP, REST, RELAXATION AND CLOTHING POLICY

## NQS

QA2	2.1.1	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.
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## REGULATIONS

Regs	81	Sleep and Rest
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## EYLF

LO3	Children recognise and communicate their bodily needs (for example, thirst, hunger, rest, comfort, physical activity).
	Educators engage children in experiences, conversations and routines that promote healthy lifestyles and good nutrition.
	Educators consider the pace of the day within the context of the community.
	Educators provide a range of active and restful experiences throughout the day and support children to make appropriate decisions regarding participation.

## AIM

This policy is based on recommendations from Red Nose Australia. If a family's beliefs and practices conflict with Red Nose Australia, the service will only endorse an alternative practice unless the service is provided with written advice from and the contact details of a registered medical practitioner. In meeting the service's duty of care, it is a requirement that all educators implement and adhere to this policy. Our service believes in a short period of rest each day for every child to ensure their growth and development. We will aim to respect and cater for each child's specific needs.

## IMPLEMENTATION

The Approved Provider will ensure that the Nominated Supervisor (who is responsible for ensuring all staff members, educators and volunteers) must implement the following requirements –

- The service will provide a quiet and restful environment for sleep and rest periods that is within hearing and observation range for educators to closely monitor children.
- We recognise the differences between each child and family's preferences in relation to routines for rest, sleep and clothing. These needs will be met provided they are within the service's requirements.
- We respect the need for rest, sleep and clothing requirements to be aligned with each child's social and cultural background and personal preferences.
- We will communicate daily with parents about their child's routines that are in place at the service and at the child's home.
- Educators will work with children to help them learn about their need for rest and comfort. Children will be encouraged to communicate their needs where possible.
- Educators negotiate the need for sleep and rest with children.
- Children who do not require sleep or rest will be provided with appropriate and quiet play activities.

- Children will be encouraged to make appropriate decisions about their participation throughout their time at the service.
- Each child will be supplied with clean, appropriate spare clothes when necessary.
- Children will be grouped in a way that minimises overcrowding.
- The privacy needs of each child will be respected during dressing and undressing times.

#### **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 registered 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 and clothing should not have a hood.
- Calm relaxing music will be played.
- Dummies will be provided but they will not be attached to chains.

#### **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.

### **Supervision of resting children**

- All children who are resting will be supervised by educators ensuring ratios are upheld at all times.
- 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.

### **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/NZS 2172:2010 or AS/NZS 2195:2010. 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.

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

### **Hygiene practices, please refer to 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**

Please refer to the Physical Environment Policy for information regarding the appropriate sleep and rest environment for children.

### **Sleepwear**

Educators 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, posters and brochures. Information regarding Red Nose Australia Safe Sleeping Practices will be displayed on noticeboards and given to all new enrolments.

### **Children's Clothing**

- Children should be clothed in an appropriate manner which will allow them to explore and play freely and not restrict them using equipment while at play
- Clothing should also allow easy access for toileting i.e. elasticised trousers, track pants – rather than buttons, zips, belts etc.

- Children will be encouraged by educators to use aprons for messy play and art experiences to protect their clothing. For this reason it is important to not send the children in their best clothes.
- Children should be appropriately protected from the sun during outdoor play - please refer to sun safety policy for further directives on hats and clothing.
- Child clothing should accommodate weather conditions. I.e. be loose and cool in summer to prevent overheating and warm enough for cold weather – including outdoor play. At all times staff will monitor children to ensure they are appropriately dressed for all weather, play experiences, rest and sleep routines.
- Children should have appropriate footwear that enables them to play comfortably and not cause safety concerns. I.e. thongs, clogs or backless shoes have a trip factor and do not allow children to use equipment safely.
- Comfortable and non-restrictive clothing is important at sleep time to promote your child's comfort at this time of the day.
- Clean and appropriate spare clothing will be made available to children should it be needed.
- All clothing and belongings must be clearly labelled with the child's name.

## SOURCES

**Education and Care Services National Regulations 2012**

**Early Years Learning Framework / My Time Our Place framework**

**Occupational Health and Safety Act 2000**

**Occupational Health and Safety Regulations 2001**

**Australian Bureau of Statistics (ABS). (2003). SIDS in Australia 1981-2000: A statistical overview. Australian/New Zealand Standard AS/NZS 2172:2010, Cots for household use—Safety requirements**

**Australian/New Zealand Standard AS/NZS 2195:2010, Folding cots—Safety requirements**

**Red Nose Australia. Wrapping babies.**

**Red Nose Australia. Fast facts: Past, present & future.**

**Red Nose Australia: Safe sleeping in child care kit.**

**Red Nose Australia: Safe sleeping – Lullabies aren't the only things you'll need to know to put you baby to sleep.**

**Red Nose Australia. Wrapping infants.**

**Red Nose Australia. Information statement: Baby's head shape.**

**Red Nose Australia. Sudden Unexpected Death in Infants (SUDI) frequently asked questions: Red Nose Australia: Safe sleeping in child care kit.**

**United Nations Conventions on the Rights of a Child**

## REVIEW

The policy will be reviewed annually.

The review will be conducted by:

- Management
- Employees
- Families
- Interested Parties

**Policy reviewed; October 2023**

**Next up for review; October 2024**