



Safe Sleep, Rest and Relaxation Policy

Relevant Legislation

Education and Care Services National Regulations: 81,103, 105, 110, 115,168

Guidelines for SIDS and Kids Safe Sleeping in Childcare Facilities

Australian Consumer Law 2011 – Australian Competition and Consumer Commission

The NSW Work Health and Safety Act 2011 & the NSW Work Health and Safety Regulation 2011

NQS Links

National Quality Standard Links. Quality area 2: Children’s Health and Safety. Standards 2.2.2,2.2,2.2.1,3.1.

Introduction

We recognise that all children have individual sleep and rest requirements. Children need a comfortable relaxing environment to enable their bodies to rest. This environment must be safe and well supervised to ensure children are safe, healthy and secure in their environment.

“The Art of relaxation at Tathra Preschool” is a policy statement developed by staff that recognises the importance of ‘down time’ for children’s emotional well-being. Intentional teaching and planning for the rhythm of the day embraces the philosophy that “relaxation training “is a key element in the development of resilient, competent children to become well equipped to face and overcome the changes of an increasingly stressful world “. (Hayes, P. 2007, piii). All curriculum decision making at Tathra Pre School prioritises the needs of the child in collaboration with families.

Policy Goals

Tathra Preschool 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) will be minimised by following practices and guidelines set out by health authorities. Approved providers, nominated supervisors and educators 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”

Strategies What will we do?

Nominated Supervisor or Responsible Person will:

- Ensure that children's safety, health and well-being are upheld at all times.

Safe Equipment

Bassinets, hammocks and prams/strollers are not considered safe equipment to sleep in and cannot be considered appropriate for sleeping.

Yoga Mats

All yoga mats will be covered and changed as part of our WH&S cycle for cleaning. They will be replaced immediately if a child falls asleep or soils the mat.

Strategies / How will it be done?

The Approved Provider will:

- "Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the Preschool are met, having regard to the ages, development stages and individual needs of the children." (Regulation 81).
- Ensure that areas for rest are well ventilated and have natural lighting.
- Ensure that supervision windows will be kept clear to ensure safe supervision of children if they happen to fall asleep.

The Nominated Supervisor /Responsible Person will:

- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.

Educators will:

- Communicate with families about their child's sleeping or rest times and the service policy regarding sleep and rest times.
- Consult with families about children's rest needs. Educators will be sensitive to each child's needs so that rest times are a positive experience. Respect family preferences regarding sleep and rest and consider these daily while

ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to sleep nor prevented from sleeping.

- Ensure that mats are clean and in good repair. Mats will be wiped over with warm water and neutral detergent or vinegar between each use if uncovered.
- Arrange yoga mats to allow easy access for children and staff.
- Create a relaxing atmosphere for resting children by playing relaxation music, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed.
- Create a tranquil and calm environment for both educators and children.
- Be actively involved in teaching the “art of relaxation”
- Ensure optimum educator ratios throughout the relaxation period.
- Provide a quiet learning environment to encourage children to rest their bodies and minds for 20-30 minutes. by playing relaxing music, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed with consideration to the room temperature to ensure maximum comfort for all
- Ensure children are not “patted” to sleep. By providing a quiet, tranquil environment, children will choose to sleep if their body needs it.
- Assess each child’s circumstances and current health to determine whether higher supervision levels and checks may be required.
- Ensure children will rest with their face uncovered.

Evaluation

This Policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every 4 years or when procedure, practice or legislation changes to ensure our policies are living documents.

Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved. In accordance with R. 172 of the Education and Care Services National Regulations, Tathra Preschool will ensure that families of children enrolled at the service are notified at least 14 days before making any change to a policy or procedure that may have significant impact on the provision of education and care to any child enrolled at Tathra Preschool; a family’s ability to utilise the service; the fees charged or the way in which fees are collected

Links to Other Policies Procedures and Forms

- Clothing and Footwear Policy in Progress
- Guidelines & Agreements for Enrolment: Enrolment Handbook
- Enrolment Induction. Enrolment forms and collection of family information
- Dental Health Policy in Progress
- Supervision Policy in Progress
- Family Communication and Participation Policy in Progress
- Interactions with Children Policy
- Guiding Children’s Behaviour Policy
- Work Health and Safety Policy: Clean and Maintain the Environment

Sources and References and useful resources

- The Art of Relaxation at Tathra Preschool Policy Statement
- Australian Children’s Education and Care Quality Authority (ACECQA) : www.acecqa.gov.au
- [Info Sheets - Self-Reg with Dr. Stuart Shanker: https://self-reg.ca/self-reg/self-regknowledge-series/](https://self-reg.ca/self-reg/self-regknowledge-series/)
Feb 16, 2019 - The *Shanker* Self-Reg; Knowledge Series: The MEHRIT Centre Team.
- Early Childhood Australia (ECA). Code of Ethics
www.earlychildhoodaustralia.org.au/our.../eca-code-ethics/code-of-ethics-core-principle
- Guide to the National Quality Standard (3) ACECQA (2017)
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulation
- SIDS & Kids Safe Sleeping Kit – www.sidsandkids.org
- Standards Australia – www.standards.org.au
- ACCC Product Safety Australia - www.productsafety.gov.au/publication/keeping-baby-safe-a-guide-to-infant-and-nursery-products
- Thomas, P. (2007), [the magic of relaxation](#). NSW: Pademelon Press
- Stuart G. Shankar: Enhancing your Child’s Self-Regulation. Books and on-line resources

Updated

February 2018
(draft)
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**Review
Date**

2021 or when procedure, practice or legislation changes