

## Children's Sleep and Rest

### **Legislation:**

*Education and Care Services National Law (WA): 167  
Education and Care Services National Regulations 2012: 81; 168  
National Quality Standard: 2.1.2*

### **SOURCES:**

*Sids and Kids - Safe Sleeping Resource [www.sidsandkids.org/safesleep/faq.htm](http://www.sidsandkids.org/safesleep/faq.htm)*

### **POLICY STATEMENT:**

*Educators will consult with families at all times in regard to their child's sleeping/rest patterns and will develop procedures to ensure each child's individual needs are met. Sleep procedures and sleep equipment will take into account current health and safety advice from recognized health and safety authorities.*

### **Strategies for Implementation:**

- *Sleeping equipment at the Service will adhere to Australian Standards and current Health and Safety advice from recognized authorities. A checklist containing recommendations from SIDS will be completed as part of the services Occupational Safety and Health Policy/Schedule.*
- *Educators will provide an opportunity for children to sleep / rest within the service's daily routine.*
- *Educators will encourage children to sleep / rest in order to meet their individual developmental needs.*
- *Children will not be forced to sleep at any time. Quiet activities will be made available for children to experience whilst other children sleep.*
- *Sleep / rest times will be regarded as a positive, pleasant experience within the service and Educators will make every effort to provide a relaxing and comfortable sleep environment for all children. Educators will ensure children are dressed appropriately and supervised appropriately whilst sleeping.*

- *Comforters and/or security toys may be brought in for sleep / rest periods, however such items must not impact on the safety of children whilst sleeping.*
- *Each child's bedding will be washed once a week or after soiling in line with Health, Hygiene and Infection Control policy.*
- *Unicare will provide information for families on current safe sleeping practices.*
- *Educators will ensure their knowledge and understanding of recommendations from SIDS and Kids is current and applicable. Where possible staff will implement recommendations from SIDS within the services sleep / rest routines. Other factors such as age of the child, cultural needs and requests from parents will also be considered when tailoring individual sleeping patterns.*

### **Recommended by SIDS**

- *Recommended sleeping position for infants.*
  - *Laying on back.*
  - *Sleep baby with face uncovered.*
  - *Place baby with feet at the bottom of the cot.*
- *Recommended Equipment.*
  - *Ensure equipment meets Australian Standards.*
  - *No loose bed linen.*
  - *Ensure no pillows, doonas and cot bumpers are in the cot.*
- *Other considerations*
  - *Room is free from smoke.*
  - *Ensure no dangling cords or strings.*
  - *Cot is placed away from heaters or electrical appliances.*