

SLEEP AND REST POLICY



RATIONALE

Time to rest is necessary to help young children cope with a full and busy day. In accordance with Regulation 81 of the Education and Care Services National Regulations 2011 under the Education and Care Services National Law (ACT) Act 2011, RECC ensures that rest time is a regular part of the daily routine, with appropriate regard to the ages, development stages and individual needs of the children. The Centre's programming and staff rosters are developed around this.

With respect to safe sleeping, RECC follows and implements the guidelines of 'SIDS and Kids Safe Sleeping'.

STRATEGIES FOR BABIES

Babies individual sleep needs will be catered for and parents will be provided information on their child's sleep patterns. Sleep practices for infants include:

- Placing babies on their back unless otherwise directed, in writing, by a medical practitioner
- Placing babies at the bottom of the cot to prevent them from wriggling down under bedclothes
- The use of cots, mattresses and bedding that conform to the SIDS and Kids Safe Sleeping Guidelines (i.e. cots that meet Australian Standards, firm well fitting mattresses, no quilts, doonas, pillows or soft toys)
- Swaddled infants are wrapped with a light material and from below the neck to allow head movement
- Regular monitoring of room temperature
- Regular checking on sleeping children
- Each baby has his/her own cot, which is cleaned at the end of each day

STRATEGIES FOR TODDLERS AND PRESCHOOLERS

In the toddler and preschool rooms, part of the daily routine involves a rest period after lunch. Rest time, like other activities, is at the same time each day to allow children to anticipate the order of the day and feel secure. Parents will be provided information on their child's sleep/rest patterns. Sleep practices for toddler and preschoolers include:

- All children are encouraged to lie down and rest after lunch. They do not have to sleep but will be assisted to relax through story-tapes, music and massage.
- Toys or comforters used at home for sleeping may be provided for children to use during allocated sleep/rest times.

Sleep and Rest Policy

- Children sleep on beds or mats that meet safety standards.
- Each child has his/her own bedding, each bed or sleeping mat is cleaned for the next child.
- Sleeping and resting children are supervised at all times.
- Children will not be 'kept awake' and family requests for a limited sleep time need to be negotiated with the Director, and will be no less than 45 minutes to ensure it is not harmful to the child.
- Children in the preschool room who do not fall asleep are provided quiet activities such as reading books or assembling jigsaw puzzles.
- After a reasonable time, rooms are allowed to become noisy and curtains are opened so that children rouse and get up as they are ready.

RELATED POLICIES:

Hygiene Policy

Partnership with Families Policy

SOURCES:

Education and Care Services National Law (ACT) Act 2011

Education and Care Services National Regulations 2011

SIDS and Kids Safe Sleeping Guidelines (www.sidsandkids.org/safe-sleeping/)

Sleep in Early Childhood, Parenting and Child Health Network (ww.cyh.com)