



Local Safe Sleep and Rest Procedure

National Quality Standards and Regulations

Quality Area 2: Children's Health and Safety
Education and Care Services National Law Act 2010
Education and Care Services National Regulations
Regulation 81

Background

Hackham East Kindergarten is devoted to providing a safe and comfortable environment for children who may at some time need to sleep. On occasions a child may be overly tired or become unwell and need to rest while waiting to be collected by a family member. Educators at Hackham East will ensure that should this occur, safe practices and care will be adhered to, and that all educators are aware of and comply with current evidence-based safe sleep practices for children.

Overview

This procedure outlines the Department for Education and Hackham East Kindergarten's approach to implementing recommended evidence-based safe sleep practices.

The objectives of this procedure are to ensure that educators:

- Are aware of and comply with current evidence-based safe sleep practices and safe sleep environments to reduce the risk of sudden unexpected death in infancy (SUDI)
- Promote and model safe sleeping practices and environments to families with infants and young children
- Are aware of where to access resources to build their knowledge about recommended safe sleep practices
- Comply with the Education and Care Services National Law (South Australia) and Education and Care Services National Regulations

Scope

The procedure applies to all department staff who provide support to parents and caregivers of infants (a baby under 12 months of age) and young children, and who offer sleeping environments. This includes: PRESCHOOL SERVICES

Resting or Sleeping at Kindergarten

Should a child become unwell or is tired and needs to rest, or falls asleep during the preschool day, educators will make the children comfortable in an appropriate space away from the main traffic areas but within continuous view of educators.

Educators will provide a clean sheet on the floor for the child to rest on, away from furniture and walls. The child will at all times be in view of educators. Soft toys will not be given to comfort the child or soft cushions that children could roll on to. The area will be clear of objects that a child could roll onto or reach for. A small firm pillow will be offered should this make the child more comfortable. Where appropriate (illness), a responsible adult will be contacted to organize collection from kindergarten as soon as possible so the child can rest more comfortably in their own environment.

Educators will record children's sleep times to notice patterns of sleep needs. They will discuss this with families and determine families' preferences in relation to their child's sleep.

Responsibilities

Staff will

- be made aware of this policy through the induction procedure
- make this procedure available on the kindergarten web page
- review this procedure in conjunction with Governing Council according to the review cycle

Parents and caregivers will

- be made aware of this policy upon enrolment of their child at the kindergarten

Endorsed by Governing Council:	May 2022
Review Cycle:	2 years
Next Review:	May 2024