



## **SLEEP/REST POLICY**

Alstonville Nestle In Childcare Centre believes children need the opportunity to rest/sleep during the course of their childcare day and we as carers must facilitate their need.

### **Explanation**

All children are entitled to passive and active periods throughout the day. Based on early childhood developmental knowledge, all children will be afforded the opportunity to sleep/rest at some point throughout the day.

Child mortality in Australia from SIDS has decreased considerable since the introduction of community education about childcare practices which reduce the risk of SIDS. It is still the most common cause of death in children aged between one month and one year with the most vulnerable age being between 2 and 4 months

### **Implementation**

With relation to **INFANTS**:-

- ❖ Where possible infants routine from home will be followed. As trained childcare professionals and by getting to know each child we will be aware of physical signs of tiredness and respond to those needs appropriately.
- ❖ Infants will be accommodated in a ASNZ approved cot and if appropriate a resting mat will be used.
- ❖ The centre also uses a sleeping hammock approved by DoCS for use of very young children.

To reduce the risk of SIDS and other sleeping accidents in infants during daytime sleeps, our centre will

- ◆ Put children on their back to sleep.
- ◆ Sleep children with their faces uncovered.
- ◆ Supervise children whilst sleeping, check children regularly and document the check.

- ◆ Have information at hand for parents in relation to SIDS.

To prevent serious sleeping accidents, our centre will use...

- ◆ A safe cot for each child that meets the Australian Standards for Cots.
- ◆ Safe mattress that is firm, clean and fits well.
- ◆ Safe bedding
- ◆ A safe place to sleep by...
  - Avoiding soft sleeping places where a toddler or baby's face may get covered.
  - Removing dangling cords or strings.
  - Keeping heaters, fans and electrical appliances away from the cot.
  - Ensuring the restraints in prams are done up.

With relation to **TODDLERS** and **PRESCHOOL** aged children:-

- ❖ All children will be given the opportunity to sleep on mattresses provided by the centre.
- ❖ Each mattress will be covered by a sheet (washed by centre staff daily).
- ❖ In the event that a child chooses to sleep directly on the mattress, it will be disinfected.
- ❖ Children will be directed to rest time directly after lunch. In the event that a child shows signs of tiredness earlier or asks for a sleep or in consultation with parent liaison children will be allowed to sleep at all times.
- ❖ Music or story books will be played to assist children in their relaxation.
- ❖ Children who do not sleep will be offered quiet activities such as books and puzzles.
- ❖ In preparation for school readiness, preschool aged children will be transitioned from a rest period to working with quiet table top activities. In the event that a child requires a rest to support their needs, they will be offered a mat for sleeping.
- ❖ No child will be forced to sleep however all children will be encouraged to rest.
- ❖ Sheets will be washed daily by the centre and stored in the appropriate areas.
- ❖ Children will be offered comforters as agreed by parents.

### **References:-**

Childrens Services Regulation 2004

CARE and Inclusion Support Team

SIDS and Kids, 2003

Australian Bureau of Statistics (ABS). (2003). SIDS in Australia 1981-2000: A statistical overview. Retrieved 14 February, 2007, from

[http://www.sidsandkids.org/documents/finalsidspaper2003\\_002.pdf](http://www.sidsandkids.org/documents/finalsidspaper2003_002.pdf)

SIDS & Kids. (2005a). Fast facts: Past, present & future. Retrieved 12 February, 2007, from <http://www.sidsandkids.org/documents/11504%20SIDSKids%20FastFacts.pdf>