



SLEEP AND REST POLICY - 2020

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

QUALITY AREA 3: PHYSICAL ENVIRONMENT		
3.1	Design	The design of the facilities is appropriate for the operation of a service.
3.1.2	Upkeep	Premises, furniture and equipment are safe, clean and well maintained.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
81	Sleep and Rest
103	Premises, furniture and equipment to be safe, clean and in good repair
105	Furniture, materials and equipment
110	Ventilation and natural light
115	Premises designed to facilitate supervision
168	Education and care service must have policies and procedures

Purpose

The education and care service will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs, age and developmental stages according to **Regulation 81**.

The students attending Jindabyne OSHC will not be required to sleep however, there will be opportunities for rest and relaxation. The service aims to provide a calm, relaxing environment where the children can focus on their wellbeing and building relationships.

Responsibilities for the Approved Provider

- Ensure that areas for sleep and rest are well ventilated and have natural lighting.
- Ensure that supervision windows will be kept clear to ensure safe supervision of sleeping children.

Responsibilities for the Nominated Supervisor

- Maintain up to date knowledge regarding safe sleeping practice and communicate this information to educators and families.
- Ensure the temperature of each room is between 20-23 degrees Celsius depending on weather and what the child is wearing.
- Take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the Service are met, having regard to the ages, development stages and individual needs of the children.
- Ensure the child's safety is always the first priority.



Responsibilities for the Educators

- Create a relaxing atmosphere for resting children by playing relaxation music, cultural reflection, turning off lights and ensuring children are comfortably clothed. The environment should be tranquil and calm for both educators and children. Educators will supervise resting children and support them by encouraging them to relax and listen to music or stories.
- Maintain adequate supervision ensuring that ratios are met at all times.
- Communicate with families about their child’s sleeping or rest times and the service policy regarding sleep and rest times.
- Encourage children to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing as well as jewellery included amber necklaces and other dangling items around the neck. The room temperature will be considered to ensure maximum comfort for the children.

Current Recommended Evidence-Based Practices

Safe Sleeping Practices all ages
Face should be uncovered
A quiet place should be provided
Sleep and rest equipment should be safe and free from hazards
Adequate supervision of all children should be considered when placing staff while children are sleeping
Children should be closely monitored while sleeping eg checking at regular intervals to ensure breathing and colour of their skin

Definitions, Terms & Abbreviations

Term	Meaning
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Related Statutory Obligations & Considerations

Australian Children’s Education and Care Quality Authority (ACECQA)	http://www.acecqa.gov.au/
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Australian Competition & Consumer Commission	https://www.accc.gov.au/ https://www.productsafety.gov.au/system/files/Keeping%20baby%20Safe_0.pdf
Children (Education and Care Services) National Law (NSW) No 104a	https://www.legislation.nsw.gov.au/#/view/act/2010/104a/full
Department of Education	http://www.dec.nsw.gov.au/what-we-offer/regulation-and-accreditation/early-childhood-education-care
Early Years Learning Framework (EYLF)	http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-Kit/belonging_being_and_becoming_the_early_years_learning_framework_for_australia.pdf
Education and Care Services National Regulations	http://www.legislation.nsw.gov.au/#/view/regulation/2011/653
National Quality Framework (NQF)	http://acecqa.gov.au/national-quality-framework/
Red Nose	https://rednose.com.au/article/what-is-a-safe-cot https://rednose.com.au/section/safe-sleeping

Related Telephone Numbers

- Early Childhood Directorate -1800 619 113
- Department of Health - 1800 020 103
- Kidsafe – 02 9845 0890
- Rednose - 1300 998 698

Amendment History

Version	Amendment	Date
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This policy will be updated to ensure compliance with all relevant legal requirements every year. Appropriate consultation of all stakeholders (including staff and families) will be conducted on a timely basis. In accordance with Regulation 172 of the *Education and Care Services National Regulation*, families of children enrolled will be notified at least 14 days and their input considered prior to any amendment of policies and procedures that have any impact on their children or family.

Date:	10 th December 2019
Version:	001
Last Amended By:	Kylie Showman
Next Review:	July 2020
Position:	Director / Nominated Supervisor