

## 4.8 Sleep, Rest and Relaxation Policy

### 1. Purpose

My Place Family Day Care is committed to children having a positive and safe sleep, rest and relaxation experience while they are in the care of Educators.

### 2. Scope

This policy applies to all Family Day Care Educators, Educator Assistants, staff, parents and children in care.

### 3. Definition

**Approved Provider:** Inala Community House (ICH) has approval from the Federal Government to operate an approved FDC service.

**Service:** My Place Family Day Care, whose Approved Provider is Inala Community House.

**Parent/Guardian:** The person responsible for the payment of fees and who is paid the Child Care Subsidy. Herein after referred to as Parents.

\*\* PLEASE NOTE: this does not include a parent who is prohibited by a court order from having contact with the child.

**Educator:** A suitably qualified person who is registered with the Service.

**Educator's Residence:** The home or venue which is approved for an Educator from the service to provide childcare from.

**SUDI:** Sudden Unexpected Death in Infancy

**SIDS:** Sudden Infant Death Syndrome

### 4. Policy

My Place Family Day Care acknowledges sudden unexpected death in infancy (SUDI) is the most common cause of death in babies between one month and one year of age. The SIDS recommendation by Red Nose Safe Sleep practices form the basis of this policy.

My Place Family Day Care acknowledges the importance of safe sleep, rest and relaxation practices for children which reflect their needs and are supported by current research.

All children will be supervised while sleeping or resting.

Educators will take reasonable steps to ensure the requirements for sleep, rest and relaxation of children are met, having regard to their age, developmental and individual needs.

#### 4.1 Sleep Practices

The Service will ensure all cots and sleeping facilities meet Australian Standards and are in good working order.

Educators will implement the Safe Sleep Practice recommendations to reduce the risks of SUDI as provided by Red Nose Australia.

Educators will keep doors to sleep rooms open unless a monitor is used, and a smoke detector is installed in the room.

Educators will monitor all sleeping children regularly. The details of all children under 2 years of age will also be recorded on the Sleep Tracker form every 10 minutes.

The Service will ensure the environment where children sleep is well ventilated, and the temperature is appropriate for sleeping young children.

Families will be consulted about their child's individual needs.

Staff and Educators will be sensitive to different values and parenting beliefs, cultural or otherwise, associated with sleep and rest.

Staff and Educators will have access to current information and training to ensure their sleep practice knowledge is current.

#### 4.2 Rest Practices

Rest times and opportunities for relaxation are planned as an essential part of a child's day.

Educators will consider whether the environment is able to support the rest and cultural needs of children.

Alternative quiet activities will be provided for those children who do not sleep or who may need encouragement to rest quietly.

#### 4.3 Overnight Sleeping Practices

The Service acknowledges overnight sleep practices will differ to those used during the day.

The physical safety of a child's sleeping environment will consider:

- Plans for the supervision of the child while they are sleeping, including how they will be monitored during the night.
- Access of the child to other parts of the house during the night.
- Access of other people to the child's sleeping environment
- Night-time emergency evacuation plans (e.g. in the case of a fire, intruder etc).

## 5. Review

This policy remains in effect unless otherwise determined by resolution of the Board of Directors.

This policy will be reviewed every two years or sooner as required.

	<b>Date</b>	<b>Details</b>
V1.0	07/2015	Original Policy Issued
V2.0	12/2016	Policy Amended – submitted to board for ratification
V3.0	08/2017	Policy Amended – submitted to board for ratification
V4.0	12/2019	Policy Amended – submitted to board for ratification
V5.0	01/2021	Policy Amended – submitted to board for ratification
V6.0	09/01/2024	Policy Amended – submitted to board for ratification

## 6. Related Documents

### **Policies**

- 2.2 Child Protection Policy
- 3.1 Education Program and Practice Policy
- 6.1 Child Safe Environment Policy
- 6.2 Child Safe Equipment Policy
- 6.5 Tobacco, Alcohol and Drug Free Environment Procedure
- 7.1 Emergency Management, Lock Down and Evacuation Policy
- 8.4 Induction and Professional Development Policy
- 9.1 Enrolment and Orientation Policy

### **Procedures**

- 2.5 Supervision of Children Procedure
- 3.1. Education Program and Practice Procedure
- 4.19 Safe Sleep Procedure
- 4.20 Rest and Relaxation Procedure
- 6.1 Assessment of Educators Residence
- 6.3 Smoke Alerts Procedure
- 6.8 Nurse Equipment Procedure
- 6.13 Tobacco, Alcohol and Drug Free Environment Procedure
- 7.4 Emergency Drills and Evacuations Procedure

8.10 Educator and Educator Assistant Professional Development and Training Procedure

8.11 Induction Staff, Educators and Educators Assistant Procedure

9.2 Enrolment and Orientation Procedure

10.6 Record Management and Storage Procedure

### Forms

Sleep and Rest Risk Management Plan

Sleep Tracker

Over Night Sleeping Risk Assessment Plan

### References

ACECQA Guide to National Quality Framework: Quality Area 2 – Children’s health and safety

- Standard 2.1 Health: each child’s health and physical activity is supported and promoted
  - 2.2.1 Wellbeing and comfort: Each child’s wellbeing and comfort is provided for, including appropriate opportunities to meet each child’s need 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.

ACECQA, Sleep and rest legislative requirements,

<https://www.acecqa.gov.au/resources/supporting-materials/infosheet/safe-sleep-and-rest-practices>

Kidsafe, Family Day Care Safety Guidelines,

[https://kidsafe.com.au/wp-content/uploads/2020/06/FINAL-FDC-Safety-Guidelines\\_7thEd.pdf](https://kidsafe.com.au/wp-content/uploads/2020/06/FINAL-FDC-Safety-Guidelines_7thEd.pdf)

Red Nose, Education Resources, <https://rednose.org.au/page/education-resources>

Red Nose, Safe Sleeping, <https://rednose.com.au/resources/education>

Education and Care Services National Regulations 2011 (July 2019):

- R.82 Tobacco, drug and alcohol-free environment
- R.84A Sleep and rest
- R.84B Sleep and rest policies and procedures
- R.84C Risk assessment for purposes of sleep and rest policies and procedures
- R.103 Premise, furniture and equipment to be safe, clean and in good repair
- R.110 Ventilation and natural light
- R.168 (2) (a) (v) Education and Care service must have policies and procedures