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## Safe Sleep and Rest in Children's Programs Policy and Procedure

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### Aim

Aligned Leisure is committed to ensuring children's sleep, rest and health needs are supported while they are participating in our programs. Children require an environment which is safe, well supervised, comfortable and secure in order to meet their development stages and individual needs for sleep and rest. This policy and the accompanying procedure is based on recommendations from the nationally recognised authority Red Nose Australia which provides current evidence-based principles and guidelines on safe sleep and rest practices for children.

### Policy

This policy applies to Aligned Leisure WSLC Children's Programs that operate under the Children's Services Regulations 2020

### DEFINITIONS

**Sudden Unexpected Death in Infancy (SUDI)** – SUDI is the sudden, unexpected death of an infant in which the cause is not immediately obvious. SUDI includes Sudden Infant Death Syndrome (SIDS) and fatal sleeping accidents. The term SUDI is used when investigations after the death have shown factors that may have contributed to the death, for example an infection (Source: [Red Nose Australia Safe Sleeping](#))

**Sudden Infant Death Syndrome (SIDS)** – The term SIDS is used for a baby's death when no known case is found to explain the death after a thorough investigation (Source: [Red Nose Australia Safe Sleeping](#)).

### THE PROCEDURE

The Approved Provider, Nominated Supervisor and Educators will ensure

- The Occasional Care Service will provide restful environments for sleep and rest periods that are within hearing and observation range for educators to closely monitor children.
- The Services children's sleep and rest environments, are well ventilated, safe and free from hazards.
- Services recognise the individual needs of each child and different values and parenting beliefs, cultural or otherwise, associated with sleep and rest. If a family's beliefs and requests are in conflict with current Red Nose Australia recommended evidence-based guidelines, the service will not endorse an alternate practice unless provided with written advice from a medical practitioner.
- Educators will support children to help them learn about their need for rest and sleep. Children's rest requirements will be accommodated according to their individual needs.

- Quiet activities and experiences are provided to children who do not wish to sleep.
- Educators will acknowledge children's emotions, feelings and fears and actively support them to minimise distress or discomfort.
- Services follow the recommendations from Red Nose Australia and the Australian Competition and Consumer Commission regarding teething necklaces presenting as a choking hazard and will remove any items from around a child's neck while sleeping.
- The privacy needs of each child will be respected during dressing and undressing time
- If the parent requests that the baby needs to sleep, the Occasional Care Service will place the child in the Centres own Australian Standards cot.
- Capsules and carseats brought in by parents will not be accepted as a safe sleeping environment for the baby in the Childcare Service.
- Parents and Educators will be encouraged to write instructions on the whiteboard. Educators will use this information to help the child's stay with us be as safe and enjoyable as possible.

### **Safe resting practices for babies (birth to 18 months)**

- Babies should be placed on their back to sleep when first being settled. Once a baby has been observed to repeatedly roll from back to front and back again on their own for several weeks, they can be left to find their own preferred sleep or rest position (usually around 5-6 months). Babies aged younger than 5-6 months, and who have not been observed to repeatedly roll from back to front and back again on their own, should be re-positioned onto their back when they roll onto their front or side.
- If a medical condition exists that prevents a child from being placed on their back, the alternative resting practice must be confirmed in writing by the child's registered medical practitioner.
- At no time will a baby's face be covered; for example, with bed linen.
- Dummies if being used, should be offered for sleep periods. If a dummy falls out of a baby's mouth during sleep, it should not be reinserted, unless the child is restless. Dummies will not be attached to chains when a child is sleeping
- Pillows, loose bedding or fabric, lamb's wool, bumpers and soft toys will not be used in cots.
- Light bedding is the preferred option, which must be tucked in to the mattress to prevent the baby from pulling bed linen over their head.
- To prevent a baby from wriggling down under bed linen, they will be placed with their feet closest to the bottom end of the cot.
- Babies over four months of age may be placed in a safe baby sleeping bag with a fitted neck and arm holes, but no hood.
- If a baby is being wrapped when sleeping, consider the baby's stage of development. Leave baby's arms free once the startle reflex disappears at around three months of age. Discontinue the use of a wrap during sleep periods as soon as a baby shows signs of beginning to roll. Use only lightweight wraps such as cotton or muslin.

### **Safe resting practices for toddlers (18 months to 3 years)**

- Toddlers will be placed on their back to rest. If toddlers turn over during their sleep, allow them to find their own sleeping position, but always lay them on their back when first placing them to rest.
- At no time will a toddler's face be covered; for example, with bed linen.
- Soft and or puffy bedding, pillows, loose bedding or fabric, lamb's wool, bumpers and soft toys will not be used.
- Toddlers may be placed in a safe baby sleeping bag with a fitted neck and arm holes, but no hood.

**Safe resting practices for preschool children (3 years to 5 years)**

- Preschool children will be placed on their back to rest. If they turn over during their sleep, allow them to find their own sleeping position but always ask them to lay on their back when first placing them to rest.
- At no time will a pre-schooler's face be covered; for example, with bed linen.
- Light bedding is the preferred option.

**Supervision and monitoring of sleeping and resting children**

- All children who are sleeping and resting will be visible and closely monitored by educators
- Supervision planning and the placement of educators across a service will ensure educators are able to adequately supervise sleeping and resting children and maintain designated ratios.
- All children who have fallen asleep in the service will be monitored and checked at 10-15 minute intervals, with educators ensuring they are within sight and hearing distance so they can assess the child's breathing and the colour of their skin.
- Educators will document children's sleep and rest patterns daily for families.

**Cots, Mattresses and Linens in Early Learning Centres -**

- All cots meet the current mandatory Australian Standards for Cots (AS/NZS 2172) and should carry a label to indicate this.
- Mattresses are in good condition, clean, firm and flat.
- Cot mattresses are placed in a cot base with no more than a 20mm gap between the mattress sides and ends.
- Cots and mattresses are cleaned between use of each child.
- Bed linen is washed before use by another child.
- Cots and mattresses are arranged to reduce overcrowding

**Policy History:**

Established:	Version 3.0 15 August 2018
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Approved by:	Childcare Captain
Review frequency:	Annually