

Rationale

Respectful rest and sleep times are important factors in ensuring children feel safe and secure in a children’s education and care centre. The creation of calm relaxed and restful spaces and places provide a sense of tranquillity that enhances children’s development and learning. SDN recognises the duty of care to provide safe, relaxed and healthy sleep and rest environments that value children’s rights and family beliefs. This policy is based on current research and recommended evidence-based principles and guidelines from Red Nose (formerly SIDS and Kids).

Scope

This policy applies to SDN Children’s Education and Care Centres and Preschools.

Policy

SDN will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. SDN will ensure that sleeping infants are closely monitored and that all sleeping children are in sight and/or hearing of an educator at all times. All staff members will adhere to current recommendations issued by recognised authority Red Nose regarding safe sleeping practices and environments. All cots will meet Australian Safety Standard AS/NZS 2172.

Related SDN Documents

Policies

- GI-HLP-1.07: Providing a Child Safe Physical Environment
- SD-OP 2.05: Supervision of Children

Procedure

- SD-PRO-2.12-01: Rest and Sleep

Relevant Legislation/Regulations

- Education and Care Services National Law Act 2010
- Education and Care Services National Regulations 2011, regulations -84a, 84b, 84c, 84d and 168
- Schedule 1: National Quality Standard, quality areas 2 and 3, standards 2.1, 2.3, 3.1 and 3.2, element 2.1.2, 2.3.1, 2.3.2, 3.1.1, 3.2.1

Minor/legislative amendment or modification history	Details:
Jan 2024	Reg 81 removed and updated with 84a,84b,84c,84d

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Other References/Related Documents

- Australian Competition and Consumer Commission (ACCC). (2013). Keeping baby safe: A guide to nursery furniture.
- Australian Competition and Consumer Commission (ACCC). (2013). Keeping baby safe: A guide to infant and nursery products.
 - <https://rednose.com.au/section/safe-sleeping>
 - <http://www.productsafety.gov.au>
 - <https://education.nsw.gov.au/content/dam/main-education/early-childhood-education/operating-an-early-childhood-education-service/media/documents/policy-and-procedure-guidance/sleep-and-rest-for-children-policy-guidelines-for-ecec-services.pdf>
 - <https://education.nsw.gov.au/content/dam/main-education/early-childhood-education/operating-an-early-childhood-education-service/media/documents/policy-and-procedure-guidance/sleep-and-rest-for-children-policy-guidelines-for-ecec-services.pdf>

REST AND SLEEP POLICY		SD-OP-2.12	
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