**5.19**

**REST AND SLEEP POLICY**

Policy Statement

* Effective rest and sleep strategies are important factors in ensuring a child feels secure and safe in a childcare environment.
* The service’s Rest and Sleep Policy is based on recommendations from the national authority SIDS & Kids.
* The service consults with families about their child’s individual needs and to be aware of the different values and parenting beliefs, cultural or otherwise that are associated with rest.
* If a family’s beliefs and practices conflict with SIDS & Kids, then the service will not endorse an alternative practice, unless the service is provided with written advice from a medical practitioner.
* The service defines ‘rest’ as a period of inactivity, solitude, calmness, or tranquility, and can include a child being in a state of sleep.
* St Peters Preschool has a duty of care to ensure that all children are provided with a high level of safety when resting or sleeping while in care.
* It is understood by staff, children, and families that there is a shared responsibility between the service and other stakeholders that the Rest and Sleep Policy and procedures are accepted as a high priority.
* In meeting the service’s duty of care, it is a requirement that management and staff implement and adhere to the service’s Rest and Sleep Policy.

Rationale

* SIDS & Kids are considered the recognised national authority on safe sleeping practices for infants and children.
* The SIDS & Kids Safe Sleeping Practices are based on scientific research.

Please refer to:

* SIDS & Kids. (2005b). *SIDS & Kids: Safe sleeping in childcare kit.* NSW: Author.
* SIDS & Kids website: <http://www.sidsandkids.org/>

Strategies and practices

**All children will be offered a sleep or rest from 1pm each day.**

The Primary safe resting and sleeping practices for children in care at St Peters Preschool are:

* All children will be placed on their back to rest when first being settled for a rest. If a child turns onto their side or stomach during sleep, then allow them to find their own sleeping position.
* All children will rest with their face uncovered.
* The rest environment, equipment and materials will be safe and free from hazards.
* Educators will monitor resting children at regular intervals and supervise the rest environment.
* Light bedding is the preferred option.
* Quiet experiences may be offered to preschoolers who do not fall asleep.
* Children will be asked if they would like to have a rest. We believe that children should have autonomy when deciding about resting.
* We will follow parents’ wishes about whether they would like their child to have a rest. They may indicate on the sign in sheets if their child needs a rest. Each child’s enrolment form will also indicate.
* We will provide a quiet environment for children who require a sleep.
* A resting area that may consist of soft furnishings, quiet experiences will be available for children.

**Safe resting practices for a child who is unwell**

* A child will be placed on their back to rest when displaying signs of being unwell. If a child turns onto their side or stomach during sleep, then allow them to find their own sleeping position.
* All children will rest with their face uncovered.

Children who are unwell will be given the highest supervision priority and monitored constantly especially if the child has: a high temperature, vomited or received minor trauma to their head.

They will be isolated from other children.

**Hygiene practices**

* The children’s resting mattresses are cleaned with disinfectant after every resting period.
* Each child will either have their own bed linen or use the preschool fitted sheets.
* Children’s bed linen will be washed after each resting period.