

Rest and Sleep Policy

Familibase recognises the importance of sleep for children and that sleep is a priority in their ongoing development. We facilitate effective rest and sleep strategies, which we believe are important factors in ensuring a child feels secure and safe in their sleep or rest routine. Children's need for rest or sleep is seen as a priority in the day's routine.

This policy and procedure is underpinned by the Preschool Regulations 2006 and guided by ISIDA.

- 1) The team consult with families about their child's individual needs during orientation and are to be aware of the different values and parenting beliefs, cultural or otherwise, that are associated with rest.
- 2) If a family's beliefs and practices are in conflict with what we believe are safe sleep guidelines, we have the right to refuse the implementation of the routine. This may only be reviewed in partnership with the family and with written advice from a medical practitioner.
- 3) We support families with their children's sleep by sharing what we have observed and experienced at the centre on a regular basis, and by having information available on children and sleep.
- 4) We aim to work in partnership with families to develop healthy sleep patterns for children.
- 5) Rest is defined as a period of inactivity and calmness.
- 6) We work to establish predictable rest routines and be present and supportive for children during rest.
- 7) We view rest time as an important part of the curriculum.

Rest and Sleep Procedure

Procedure for children under 2

- 1) All children under 2years will be put to sleep in a cot
- 2) Children will always be put on their backs
- 3) Feet will be placed at the foot of the cot
- 4) Children's clothes are loose and light
- 5) No bibs in the cot
- 6) No bottles in the cot
- 7) No quilts, pillows or cot bumpers
- 8) No comforters or soft toys in cot
- 9) Soother must not be attached to chains or clothing
- 10) Head never covered
- 11) Monitor used
- 12) Sleep log recorded every 10 minutes staff will document each child's
 - Colour
 - Breathing
 - Position
- 13) No cots adjacent to a heater, curtains, blinds or anything which is a danger to the child
- 14) Wall mounted thermometer to record room temperatures – Temperature should be between 16 -20 degrees Celsius. The temperature will be check and documented before a child is placed in a cot and during rest time.
- 15) Spacing of 0.5 meters per child/cot will be accommodated
- 16) Children will not sleep in bouncers or on cushions or mats. A cot should always be provided
- 17) Each child will have a designated cot and designated bed linen, under no circumstance should children share bed linen
- 18) Bed linen will be laundered twice a week and cots are cleaned on a daily basis



Procedure for children over 2

- 1) Children over two years of age will have access to a sleeping mat
 - Spacing of 0.5 meters per child/mat will be accommodated
 - No quilts, pillows

- 2) Sleep log recorded every 10 minutes staff will document each child's
 - Colour
 - Breathing
 - Position
 - Wall mounted thermometer to record room temperatures – Temperature should be between 16 -20 degrees Celsius. The temperature will be check and documented before a child is on a mat and during rest time

- 3) Children enrolled on a full time basis will be offered sleep or rest as part of the daily routine

- 4) Children enrolled on a part time basis may be offered rest if required

- 5) The rest/sleep time routine will be predictable for children and activities preceding this will be relaxing and a “wind down”

- 6) Relaxing music is played when the children are settling for the rest/sleep

- 7) Children are encourage to settle themselves with staff available if they require comfort

- 8) Children who do not sleep will be asked to rest quietly for a maximum of 20minutes

- 9) Children who do not sleep are educated on respecting their friends that sleep and are offered alternative activities if they do not sleep

- 10) Staff must ensure there are no items that pose danger or strangulation in the area

- 11) All sleeping practices have been discussed with the local fire officer and comply with fire safety requirements

- 12) Staff must ensure that fire exits are kept clear during sleep times and are not blocked by beds