



Nature Alliance Family Day Care Service

Sleep and Rest



POLICIES IN THIS SECTION AS REQUIRED BY:

Education and Care Services National Law (WA) Act 2012: Section 3(2)(a); 165(3); 167(3)
Education and Care Services National Regulations, 2012– ‘Regulations’:84A- 84D, 168

POLICY:

Nature Alliance Family Day Care Service is guided by the National Principals for Child Safe Organisations.

The Family Day Care Service will ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs. The risk of Sudden Infant Death Syndrome (SIDS) will be minimised by following practices and guidelines set out by health authorities. This includes all Educators having in place approved Risk Assessments relating to Safe Sleep & Rest. The “Safe Sleeping” training will be covered in the orientation process for new Educators and this course will be completed every three years by Educators and staff.

If a family’s beliefs and requests are against current recommended evidence-based guidelines, the Family Day Care Service will need to determine if there are exceptional circumstances that allow for alternate practices. An approved medical plan may be needed to cover sleep requirements where a diagnosed condition impinges on normal sleeping recommendations.

The Service defines ‘rest’ as a period of inactivity, solitude, calmness, or tranquility, and can include a child being in a state of sleep. Considering the busy and energetic nature of a child’s typical day, we feel that it is important for children to participate in a quiet/rest period during the day to rest, relax and recharge their bodies. Effective rest strategies are important factors in ensuring a child feels secure and safe in an early childhood environment which may also include facilitating outdoor sleep and rest spaces for the children.

GENERAL PROCEDURES:

1. As part of the Family Day Care Educator’s enrolment strategy, they will discuss the individual child’s sleep, rest and relaxation needs with parents. Details will be recorded at the time of enrolment on the Child & Family Information for Educator form.
2. Reasonable steps are provided to ensure that children’s needs are being met by giving them the opportunity to rest, having regard to the ages, developmental stages, and individual needs of each child.
3. Family and cultural differences shall be taken into consideration and respected regarding sleeping arrangements.
4. The Family Day Care Educator respects family preferences regarding rest and considers these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to rest nor prevented from resting.
5. A Risk Assessment will be in place covering all aspects of safe sleeping and this will be discussed with parents and the authorisation signed at the time of enrolment. This will be reviewed every twelve months or as soon as practicable after becoming aware of any circumstance that may affect the health, safety or wellbeing of the children during sleep and rest.

6. The areas for rest may be temperature controlled via mechanical means, be well ventilated via open windows, and have natural lighting.
7. Children will be provided with individual beds or mattresses and bedding. This bedding will be stored hygienically (for example, in named cloth bags and not touching another children's bedding). All bedding available to children must meet Australian Standards.
8. Vinyl mattresses are wiped over with warm water and neutral detergent or vinegar between each use. These are checked regularly for tears in vinyl, and loose fabric. Cots are checked for broken locks that could cause them to collapse.
9. Porta Cots should only be used for temporary, short-term arrangements, not for regular use for children enrolled at the service.
10. Bed linen is used by an individual child and will be washed before use by another child.
11. When sleeping at the Family Day Care residence, a child shall always be under the supervision of the Family Day Care Educator or Educator Assistant and have access to either person, if they require.
12. Active supervision of children will include physical checks on each child to ensure that their body is neither too hot or too cold and that the room temperature is suitable. The time of these checks will be documented.
13. Educator will remain in sight and/or hearing of children while they are sleeping or resting.
14. Children shall never be humiliated or shown negativity through voice or actions when soiling or wetting their bed. Nor shall they be forced to wear nappies to bed for the ease of others.
15. The area in which the children sleep shall be in the part of the registered area which has been assessed and approved for Family Day Care Service and may include the outdoor area.

Additional consideration for Babies and Toddlers:

1. Best practices which reduce the risk of SIDS shall be considered and maintained by the Family Day Care Educator and staff as recommended by the Red Nose Foundation and In Safe Hands.
2. Bassinets cannot be used or be on the registered premises at any time when care is being provided.
3. Babies can only be swaddled up until the time they show signs of rolling which is usually around 4-6 months of age or earlier.
4. Infants are placed on their back to sleep. Once an infant has been observed to repeatedly roll from back to front and back again on their own, they can be left to find their own preferred sleep or rest position (this is usually around 5–6 months of age). Infants 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.
5. If a medical condition exists that prevents an infant from being placed on their back, the alternative practice is to be confirmed in writing with the Family Day Care Service, by the child's medical practitioner. A specific risk assessment implementing risk minimisation plans for the individual baby will be required.
6. It is recommended that the Educator actively monitors and supervises sleeping babies and infants by physically checking on their position, colour and temperature to ensure that their breathing remains normal. The times of these checks must be documented.
7. Cots (*new and second-hand*) used in Family Day Care will comply with Australian/New Zealand Safety Standard (AS/NZS 2172). Cots will be used according to manufacturer instructions and be maintained in a clean and safe condition.
8. Portable cots will comply with Australian Safety Standard (AS 2195), will be used according to manufacturer instructions, and be maintained in a clean and safe condition.

9. Cot mattresses should be in good condition, they should be firm, flat, and fit the cot base with no more than a 20mm gap between the mattress sides and ends. Ensure waterproof mattress protectors are strong, not torn and have a tight fit.
10. Hanging cords or strings from blinds, curtains, mobiles, and electrical devices must be away from cots and mattresses.
11. Pillows, extra mattress, or toys must not be put in cots, as the child can become trapped and suffocate between these items or can use these items as a foothold to climb out of the cot.
12. Ensure that there is no risk to baby's head/face being covered by anything soft or loose in the sleep environment. Soft toy/comforters should be kept out of the sleep environment for babies under 7 months of age.

Additional Considerations for Children in Out Of Care Hours Or Overnight Care

1. An Overnight Sleeping Risk Assessment will be completed prior to the overnight care taking place and approved by Nature Alliance staff. This will include written parental approval being obtained before any child shall sleep overnight. Where they sleep will be discussed as it may be in the same room with any other child or the Educator.
2. The Overnight Sleeping Risk Assessment will be reviewed annually for each family or if the circumstances or environment changes.
3. The room in which the child sleeps shall preferably be a bedroom and cannot be a thoroughfare.
4. Children must be provided with their own bed and linen.
5. The child who stays overnight will have access to the Family Day Care Educator at all times.
6. The Educator will discuss with the children or their family what emergency evacuation procedures will be in place should an emergency occur during the night.
7. The Family Day Care service will provide Family Day Care Educators with training to ensure they are aware of their vulnerability to allegations of child abuse and its ramification to ensure that protective measures for themselves and their families are put into place.
8. The Educator must hold a current safe sleeping certificate that is updated every three years from the date of issue.

Supporting Documents

NA-FRM-0018C Overnight Sleeping Arrangements
 NA-FRM-0042 Child & Family Information for Educator
 NA-FRM-0018G Sleep & Rest Risk Assessment

Sources:

Childcare Centre Desktop
 ACECQA Sleep and Rest Practices
 Red Nose Foundation
 In Safe Hands – Safe Sleeping Practices
 National Principles for Child Safe Organisations