



# Nature Alliance Family Day Care Service

Sleep and Rest



## **POLICIES IN THIS SECTION AS REQUIRED BY:**

Education and Care Services National Law (WA) Act 2011: Section 3(2)(a); 165(3); 167(3)  
Education and Care Services National Regulations, 2011 – ‘Regulations’:81 (1)(2)(3), 101, 176, 166, 168

## **POLICY:**

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. 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.

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 children’s 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 body. Effective rest strategies are important factors in ensuring a child feels secure and safe in an early childhood environment.

## **PROCEDURES**

1. The Family Day Care educator will consult with parents of children in care as to their child’s sleep, rest and relaxation needs.
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. 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.
4. There are adequate numbers of bedding available to children that meet Australian Standards.
5. The areas for rest are well ventilated and have natural lighting.
6. Safe supervision of children whilst they rest their bodies.
7. Babies can only be swaddled up until the time they show signs of rolling which is usually around 4-6months of age or earlier.
8. Best practices which reduce the risk of SIDS shall be adopted and maintained by the Family Day Care educator and staff as recommended by the Red Nose Foundation.
9. 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.
10. 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 risk assessment implementing risk minimisation plans for the baby may be considered.

11. It is recommended that the educator actively monitors and supervisors sleeping babies and infants.
12. Ensure hanging cords or strings from blinds, curtains, mobiles and electrical devices are away from cots and mattresses.
13. 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 a tight fit.
14. 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.
15. 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.
16. Beds are wiped over with warm water and neutral detergent or vinegar between each use. Bed linen is used by an individual child and will be washed before use by another child. Check regularly for tears in vinyl and loose fabric; broken locks and tears that could cause the cot to collapse.
17. Never put pillows or an extra mattress or toys 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.
18. 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)
19. 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.
20. Family and cultural differences shall be taken into consideration and respected regarding sleeping arrangements.
21. When sleeping at the Family Day Care residence, a child shall always be under the supervision of the Family Day Care Educator and have access to the educator.
22. The area in which the children sleep shall be in the part of the home which has been assessed and approved for Family Day Care.

### **Additional Considerations for Children In Care Out Of Care Hours Or Overnight Care**

1. An Overnight Sleeping Risk Assessment will be completed prior to the overnight care taking place. This will include written parental approval being obtained before any child shall sleep overnight in the same room with any other child or any adult.
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.

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**Supporting Documents**

NA-FRM-0018C Overnight Sleeping Arrangements

**Sources:**

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ACECQA Sleep and Rest Practices

Red Nose Foundation

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