

SAFE SLEEPING AND RESTING NQS 2.1.2 Version 1.11

Keithcot Farm Children's Centre implements the recommendations from the SIDS and Kids Safe Sleeping program from the National SIDS Council of Australia. Relevant information is available to all families in the Children's Centre and more details can be found on the SIDS website - www.rednose.com.au. Educators acknowledge the importance of children having the opportunity to sleep and rest through the day and the impact of lack of sleep and rest has on children's health, well-being, learning and development. Therefore every opportunity will be made to ensure that sleep and rest times are pleasant. Sleep and rest routines will be discussed with families to ensure consistency between home and the Children's Centre. Information about safe sleeping and good sleep practices will be available to share with parents, including information about Sleep Clinics at the Centre.

Using a pram for a child under the age of two years to sleep is not encouraged. Should a child under two years of age fall asleep in a pram, the child will remain in view of an educator and not be put in an area out of sight. The child will be restrained within the pram to ensure their safety. All sleeping children are checked by educators at regular intervals to ensure that their head remains free of bedding and that they are safe.

Management will:

- inform educators of safe sleeping practices
- provide educators with access to a SIDS training package
- inform educators of changes in practice
- make available information for parents in regards to safe sleeping practices for children
- purchase cots / beds and mattresses that meet the required Australian Standards

Educators will:

- regularly check cots / beds for damage
- ensure that all spare bedding is removed from the cot / bed during sleep time
- make up a child's bed or cot to ensure their head remains uncovered
- ensure that children are not put to bed with hooded tops or bibs on
- place children who are under 12 months of age on their back to sleep with feet positioned at the bottom of the cot
- encourage parents to supply baby sleeping bags
- place cots and beds where children can not reach hanging cords, electrical appliances or mobiles
- ensure that cots and beds are named and all bedding is washed every week
- ensure an appropriate climate is maintained throughout the building
- consult with families regarding their child's sleeping routine and habits and support babies who are wrapped or have their own blankets / sleeping bags
- check sleeping children at regular intervals and record this information
- provide relaxation activities, such as yoga as part of the curriculum

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TO BE REVIEWED: July 2018

SOURCED: National SIDS Council of Australia www.rednose.com.au
Children's Services Child Care Regulations SA 1998
Dr. Sarah Blunden, Sleep Psychologist
'Meditation, mindfulness and mentoring' - Early Horizons Volume 5 Issue 2, 2016
DECD Safe Sleeping for infants and young children 2017