

SAFE SLEEPING AND RESTING Version 1.15

Keithcot Farm Children's Centre implements the recommendations from the Department for Education 'Safe sleeping for infants and young children' policy. Relevant information is available to all families in the Children's Centre and more details can be found on the website - www.rednose.com.au (formerly SIDS). 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. Information about safe sleeping and good sleep practices will be available to share with parents and carers.

Using a pram for a child under the age of two years to sleep is not encouraged. Should a child fall asleep in a pram, every attempt will be made to transfer the child to a cot. Otherwise, the child will remain in view of a staff member and 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. If a family request a sleep practice that varies from the recommended practices due to medically indicated reasons, the Department for Education Health Support planning policies are to be followed. A Health Care Plan authorised by a medical practitioner that clearly outlines the safest sleep practices to be implemented for the child is required.

In all other situations where a parent requests a practice that differs from the Department for Education procedure, Educators will discuss safe sleeping practices with the family and the requirement to comply with this procedure, acknowledging the family's values, beliefs and concerns (including the challenges associated with introducing a new sleep routine).

Management will:

- Inform Educators of safe sleeping practices.
- Provide Educators with access to a rednose (SIDS) training package.
- Inform Educators of changes in practice.
- Make available information for parents in regards to safe sleeping practices for children.
- Provide cots and mattresses that meet the required Australian Standards and that mattresses are firm, clean, well fitted and flat (not elevated or tilted).

Educators will:

- Consult with families regarding their child's sleeping routine and support them with information about safe sleep practices, the importance of a smoke free environment, the values of breastfeeding as a protective factor against SIDS and about infants sleeping in the same room as parents, but not the same sleeping surface (eg bed, sofa, chair, couch or mattress).
- Ensure that children who are under 12 months of age are placed on their back to sleep with their head and face uncovered and with their feet positioned at the bottom of the cot. Once an infant is over 6 months of age **and** is competently rolling, they must still be placed in the cot on their back, but can be allowed to find their own position of comfort.
- Encourage parents to supply a named baby sleeping bag that is the correct size for their child.
- Ensure that amber teething necklaces and bracelets, other necklaces / chains, hair clips and hair ties etc. are removed before sleep.
- Ensure that children are not put to bed with bibs or hooded tops on.
- Ensure that all spare bedding is removed from the cot / bed during sleep time.
- Place cots and beds where children cannot reach hanging cords, electrical appliances or hanging mobiles.
- Ensure that cots and beds are named and all bedding is washed every week.
- Ensure an appropriate climate is maintained throughout the building (approx. 21 °C).
- Check that sleeping areas are not too dark, check sleeping children at regular intervals and record this information.
- Provide relaxation activities as part of the curriculum.
- Offer an older child access to a couch for a rest if needed.
- Regularly check cots and beds for damage.



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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