

Sleep & Rest

Purpose

ECMS has a sleep and rest procedure that ensures that children are supported in their need to sleep and rest

ECMS aims to create an environment where children are able to rest or sleep according to their individual needs and requirements throughout the day

Sleep/rest time depends upon the needs of individual children. Most children from birth to six years will need to sleep/rest. Sleep/Rest time is important as it also teaches children to learn to relax and to promote healthy bodies. Relaxation is a very important skill to learn from childhood. Staff will consult with parents to determine babies and children's individual sleep/rest requirements, in order to promote continuity for the child between the home and service environments:

Procedure

We will:

Create a sleep/rest time environment which achieves a calm and relaxing atmosphere, conducive to young children's sleep/rest needs.

Staff members will remain with children whilst they sleep/rest, and will monitor and supervise all sleeping/resting children within their care. It is a department requirement that sleeping children are diligently supervised by the Educators in that space during sleep time at all times.

- Provide a mattress/cot /linen for each child to sleep on (All cots meet the Australian Standard. There will be no more than 25mm gap between the sides and ends of the cot and mattress)
- Wash individual children's bed linen weekly, between children's use and when soiled
- Encourage each child to rest, if not sleep, for at least a short time
- If children have reached a stage where sleeping during the day is not part of their routine, parents are encouraged to discuss this with Educators. Children that do not sleep will be provided with appropriate activities during the rest time period.
- Comfort those children who need it when they first wake up, wherever possible
- Allow children to remain on their beds for as long as they need to, once awake
- Spray and clean mattresses with warm soapy water on a weekly basis or when mattresses are shared between children
- Replace mattresses when damaged and/or manufacturer's recommendation

The centre follows the recommendation for safe sleeping for Babies from SIDS and Kids Health Promotion; this includes:

- Lying young babies on their side or back for sleep unless the parents' doctor has advised them otherwise. Young babies' feet are placed at the end of the cot. Older babies, who can turn and move around the cot, will be placed in the cot on their backs, and then allowed to find their own comfortable sleeping position.
- Make sure the babies do not get too hot, remove excess clothing and blankets.
- Doonas and cot bumpers will not be used

Policy Created Date	July 2014, Reviewed September 2016
Policy Review Date	September 2018
Sources and Further Reading	<p>Education and Care Services National Regulations 2011 Reg - 81 http://www.syh.com.au.SIDS and Kids (2005)</p> <p>Fast Facts: Past Present and Future. Retrieved 31st Oct 2008 from http://www.sidsandkids.org</p> <p>Australian Competition and Consumer Commission (ACCC) (2006)</p> <p>Keeping baby safe a guide to nursery furniture. Retrieved Oct 31st 2008 from http://www.accc.gov.au/content/index.phtml/itemId/655340</p>
Related to NQS Q.A	2.1.2, 2.1.3,2.1.4