

Edgeworth Child Care Centre Inc.

Comfortable Sleep/ Rest for Children over Two Years of Age Policy

Aim

The Approved Provider/Nominated Supervisor of Edgeworth Child Care Centre will take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for are met, having regard to the ages, developmental stages and individual needs of the children. Educators/staff at this Service believe that sleep, rest and relaxation are an integral part in a child's growth and development, therefore we encourage all children to have at least a short period of rest. The Service makes provision so that each child may do so. The routine provides time during the day for rest, sleep, relaxation and quiet activities. However we also accommodate individual needs for rest outside this time. Educators/staff provide a range of active and restful experiences throughout the day and support children to make appropriate decisions regarding their participation in activities and experiences.

Who is affected by this policy?

Child
Staff
Families
Management

Implementation

At Edgeworth Child Care Centre we acknowledge the individual needs of families and their children in regards to rest and sleep. We seek to work together to effectively cater for your child's needs.

Parents/guardians are to advise educators/staff at enrolment of any special patterns or cultural practices that your child has which will enable us to maintain consistency and continuity with practices at home. It is also important to update this information throughout your child's time in care or as special circumstances arise – e.g. your child had a restless night and may need to go to sleep earlier, or your child slept in and may not need a sleep. You can do this verbally or in the communication book.

Educators/staff endeavor to ensure sleep and rest routines are positive experiences. This is achieved by encouraging children to bring a favorite toy or other comforters, familiar bedding, as well as the use of soft music. Educators/staff interactions also facilitate a positive atmosphere. Educators/staff will also provide feedback about your child's sleep patterns via the eat/sleep charts or day book, and verbally as required.

Educators/staff will not force a child to sleep nor will they deprive a child from sleeping.

Please provide bedding for your child as per policy on bed linen.

Current information on sleep equipment and safe sleeping practices from recognised authorities is available to staff and families.

Safe resting practices for 2 to 5 years

- Children will be placed on their back to rest, unless otherwise directed in writing by the child's medical practitioner.
- If a child turns over during their sleep, allow them to find their own sleeping position, but always lay them on their back when first placing them to rest.

- At no time will a child's face be covered with bed linen.
- Light bedding is the preferred option, which must be tucked in to prevent the child from pulling bed linen over their face.
- Provision is made for children who do not sleep to engage in quiet activities such as looking at books, and quiet table activities.

Educators/staff will at all times meet the National Regulations:

- To ensure that bedding is arranged to prevent cross infection.
- Allow easy access and exit of children.
- The sleep/rest area is adequately ventilated and has natural light.
- No children over the age of seven sleep in the same room with any child of the opposite sex.
- No child sleeps in the same room that an adult sleeps in.

All beds and mattresses will be appropriately cleaned and maintained.

The Approved Provider/Nominated Supervisor will ensure that this policy is maintained and implemented at all times.

Sources

Education and Care Services National Regulation 2011

Education and Care Services National Law Act 2010

National Quality Standards 2011

The Early Years Learning Framework

Sids and Kids www.sidsandkids.org Retrieved 25 10 17

Better Health Channel www.betterhealth.vic.gov.au Retrieved 25 10 17

Raising Children website www.raisingchildren.net.au Retrieved 25 10 17

Review

The policy will be reviewed annually. Review will be conducted by management, employees, parents and any interested parties.

Reviewed: 25 October 2015

Date for next review: October 2018