

Edgeworth Child Care Centre Inc.

Safe Sleeping for Under Two's Policy

Aim

Edgeworth Child Care Centre believe that providing a safe sleeping environment is essential to health and safety of the children. Research has found that Sudden Infant Death Syndrome is the most common cause of death in babies between one month and one year of age. Most babies who die of SIDS are under six months, with more babies dying of SIDS in winter than in summer.

Legislative Requirements

Education and Care Services National Regulation 2011
Education and Care Services National Law Act 2010
National Quality Standards 2011
Work Health and Safety Act 2011
Work Health and Safety Regulations 2011

Who is affected by this policy?

Children
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 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; your child slept in and may not need a sleep.... You can do this verbally or in the communication book.

The following procedures will be followed when putting the child into a cot/bed:

- The baby will be placed on their back to sleep at all times.
- Sleep baby with face uncovered.
- Put babies' feet at the bottom of the cot.
- No quilts, doonas, duvets, pillows and cot bumpers will be allowed in the cots.
- No toys allowed in the cots.
- Bed clothing is appropriate to weather.

All cots will comply with the requirements of either the Australian/New Zealand Standard AS/NZS 2172:2010: Cots for household use – safety requirements or the Australian/New Zealand Standard AS/NZS 2195:2010: Folding cots-Safety requirements

A firm clean mattress that fits snugly in the cot will be used at all times. This will be checked annually to ensure standards are met.

A safe sleeping procedure will be placed in the cot room in order for permanent educators/staff and casual staff to follow at all times.

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

Educators/Staff will at all times meet the Education and Care Services National Regulation 2011:

- To ensure that bedding is arranged to prevent cross infection.
- To allow easy access and exit of children.
- To ensure that 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
Work Health and Safety Act 2011
Work Health and Safety Regulations 2011
Sids and Kids www.sidsandkids.org 1300 308 307 Retrieved 25 10 17
Standards Australia www.standards.org.au
Kidsafe www.kidsafensw.org 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 2017

Date for next review: October 2018