



Swallowcliffe P-7

Be Safe, Be Kind, Work Hard

SWALLOWCLIFFE PRESCHOOL Safe Sleep & Rest Policy & Procedure

We recognise that all children have individual sleep and rest requirements. We enable children to rest their bodies in safe, comfortable and relaxing environments in areas that are supervised to ensure they are safe, healthy and secure in their environment. *"Each child's comfort is provided for and there are appropriate opportunities to meet each child's need for sleep, rest and relaxation"*. Quality Area 2-2.1.2

Our policy

- We ensure that all children have appropriate opportunities to rest, sleep and relax in accordance with their individual needs.
- The preschool provides sleeping mats that comply with Australian standards and follow the guidelines and practices outlined by ACEQA and health authorities to ensure the health and safety of students. Including the providing adequate and safe bedding and areas that are well ventilated, hygienic and away from hazards such as toys/walls.
- The preschool ensures that children that are resting and sleeping are actively supervised and consider their individual needs when supervising e.g high risk conditions etc. Sleeping children will be in hearing/eye sight of educators where possible so that educators can actively monitor breathing. Children will be checked on at least every 15 minutes, more frequently depending on risk factors.
- We consult families during enrolment regarding their child's individual sleep and rest requirements.
- Families are responsible for informing the preschool of any changes in their child's sleep/rest schedule.
- We identify rest as a period of inactivity, solitude, calmness or tranquillity, and may include a child being in a state of sleep.
- Staff will ensure they keep up to date with current guidelines and recommendations from Sids & Kids SA, Red Nose, Kids Safe SA and Child and Family Health Service.
- Children have opportunities to rest in quiet spaces such as the group time room and have mats available to them.

Swallowcliffe

Our Mission: To empower students to recognise and optimise their full learning potential.



Government of South Australia
Department for Education

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Our Procedure

1. Children that request or require opportunities to sleep/rest will be provided with a mat, clean bedding (sheets) and will be offered a quiet area to rest e.g group time room, green room. Staff will ensure that risk factors are minimised by removing any restrictive clothing e.g shoes, jackets with strings, nearby items and toys to ensure the safety of the child. Children's mats will be placed away from furniture, walls and other items to ensure safety.
2. Staff will support children to rest by offering a relaxing atmosphere conducive to rest e.g darkening room, offering relaxing music, ensuring adequate air flow and supporting other children to play else-where.
3. Staff will regularly check on children at least every 15 minutes depending on risk factors and will stay within eye sight, ear shot when possible.
4. For children resting/sleeping for over an hour staff will notify parents either immediately (if unusual/out of character) or at the end of day to inform them depending on individual child.
5. Once children are awake they are supported by staff to gradually transition back to the program including dressing, offering food/water etc.
6. Staff will place used bedding in the washing basket and sanitise & dry the mat before putting away.

Approved by Governing Council: 16/09/21

Review Date:

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