



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.

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



Government of South Australia
Department for Education

Principal: Ms Tonia Noble • Swallowcliffe Road, Davoren Park SA 5113
Ph: 8255 2908 • Fax: 8287 0559 • E: dl.1062.info@schools.sa.edu.au

www.swallowc7.sa.edu.au



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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. 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 document when children are put to sleep on the sleep documentation sheet.
4. 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. These checks will be documented by staff on the sleep documentation sheet.
5. For children resting/sleeping staff will notify parents within an hour and record this on the sleep documentation sheet. If families have a previous documented agreement e.g that children can sleep for a specific period of time and do not need to be contacted then they be informed at the end of the day. These agreements will be available in the sleep folder & children's file and all staff will be notified.
6. Once children are awake they are supported by staff to gradually transition back to the program including dressing, offering food/water etc.
7. Staff will place used bedding in the washing basket and sanitise & dry the mat before putting away.

Approved by Governing Council: 16/09/21

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