



## **Safe Sleeping and Rest.**

### **Policy:**

Stepping Stones Child Care Centre is committed to ensuring a safe sleeping and resting environment for children in care. Our safe sleeping and resting procedures aim to meet the individual needs of all children in care, taking into consideration safe sleeping recommendations for SIDS & Kids.

### **Procedure:**

All children are to be put to sleep or rest as follows:

- Placed on their back, if a child turns onto their side or stomach during sleep, allow them to find their own sleeping position once they are over 6 months old, if they are younger than 6 months, staff are to turn the child over onto their back.
- If a child needs to sleep on their stomach for health reasons, the Centre must have a letter from the child's Doctor and family to state this is acceptable practice for the child.
- Children will be placed with their feet at the bottom of their cot or mattress.
- After 6 months of age, children who are being wrapped in a sheet may be attempting to get out of it; they should no longer be placed in a wrap if this is the case. Staff can suggest to families to bring in a sleep suit for rest times.
- Children will be placed with their faces uncovered, hooded jumpers, bibs and shoes must be removed before going to bed.
- Sheets and blankets are to be tucked in and not loose.
- No comfort toys from home containing ribbons, loops, small removable parts, dummies with chains. Also, no snugly blankets or rugs for children under 6 months.
- Large quilts, doonas, duvets, pillows, cot bumpers or lambs wools are not to be used in cots or on mattresses. The Centre will not accept the use of any of the listed items into cots under any circumstances. Soft toys will not be given to children in cots, under the age of 12 months.
- Staff are not to hang any material-blankets, sheets etc, at the end of the cots to block light or children's view of each other. This increases the risk of those materials covering a child's face during sleep.
- Children's clothing may need to be removed, depending on the warmth of the room, how many blankets, and the thickness of a wrap.
- Cot sides must be pulled up, when a child is placed in a cot.
- Staff will supervise the rest and sleeping environments, maintaining ratios set out in the ACT Childcare Services Standards and Victorian – Children's Services Regulations 2009.
- Staff will monitor the room temperature and airflow during sleep or resting periods, as it can be dangerous for children to get overheated. In accordance with the guidelines set by SIDS & Kids, staff will not wrap children in heavy blankets only a thin cotton sheet reducing the risk of overheating.
- Quiet experiences are available to children who do not sleep or wake early from sleep.

- The centre encourages the playing of quiet music to assist children to rest in a calm and relaxing environment.
- All cots and mattresses must be setup at least 30cm apart, including 30cm from other furniture. This assists in the reduction of cross infection.

The centre aims to provide flexible rest periods for all children. Children in the Nursery have a flexible routine and sleep when required. Children in the Tiny Toddlers, Toddlers, Junior Preschool and Preschool Rooms have their rest and sleep period after lunch, between 11.30am and 2.00pm. While the centre accommodates the use of comfort items from home at rest times, we will not accept toys with ribbons, small removable parts or any part that be looped over a child's head, any snugly rugs/blankets that children like to cuddle while they are under 12 months of age.

Staff complete sleep checks of all sleeping children, every 15 minutes. Sleep checks are recorded for the Nursery on the sleep check forms, located on each cot room door.

Centre cots and mattresses meet the "Australian Standard for Cots", with no more than a 25mm (1 inch) gap between the mattress and the cot sides and ends.

The centre supplies all bedding for cots and mattress, which consist of bottom fitted sheets and a cotton top sheet for summer or blanket in winter. Children's bedding is laundered each week. Dirty linen is to be stored in the allocated "Dirty Washing Basket" in each storeroom. Each room is allocated a "washing day" (see below) and laundering of this bedding occurs on this day. When not in use children's bedding is removed from beds and placed in each child's individual basket or linen bag.

#### **Allocated Washing Days:**

Monday – Nursery

Tuesday – Tiny Toddlers

Wednesday – Toddlers

Thursday – Junior Preschool

Friday - Preschool

Cot mattresses are to be sprayed and wiped with sanitiser and paper towel at the end of a full time child's week, or after each part time child has used the cot.

Bed mattress in the Tiny Toddlers and Toddlers Rooms are to be sprayed and wiped with sanitiser at the end of a full time child's week or after each part time child has used the mattress. Mattresses in the Junior Preschool and Preschool Rooms must be sprayed and wiped with sanitiser after each use, before being stored on the bed hanging frames.

Staff regularly attend "Safe Sleeping" Training facilitated by SIDS & Kids.

Source:

- SIDS & kids [www.sidsandkids.org](http://www.sidsandkids.org)
- National Childcare Accreditation Council [www.ncac.gov.au](http://www.ncac.gov.au)
- ACT Childcare Services Standards.
- Victorian – Children's Services Regulations 2009

**This policy links to the following CCQA Principles:**

Quality Practices Guide (2005) – Principle 5.2, 6.2 & 6.5

Developed: May 2007  
Last Reviewed: 30.10.2009  
To be Reviewed: October 2010

Reviewed in consultation with staff and parent committee members, at October 2010.