

Quality Area 2: Children's Health and Safety



Sleep & Rest Policy

Purpose

The purpose of ECMS's Sleep and Rest Policy is to ensure that all children attending our services have appropriate opportunities for sleep, rest and relaxation in accordance with their individual needs and to create a sleep/rest environment which is safe and conducive to children's needs. This policy should be applied in conjunction with ECMS Sleep and Rest Procedure.

Background

The Education and Care Services National Regulations requires approved providers to ensure their services have policies and procedures in place for children's sleep and rest. Our Sleep and rest for children policy provides our educators, management, coordinators, other staff, families and the community with the information they need to support children's needs for sleep and rest while attending the service

Legislative requirements

As an approved Early Childhood Education and Care Approved Provider, ECMS must comply with the *Education and Care Services National Law*. Specific regulatory requirements relating to safe sleep and rest for children include:

Section 165	Offence to inadequately supervise children
Section 167	Offence relating to protection of children from harm and hazards
Regulation 82	Tobacco, drug and alcohol-free environment
Regulation 84A	Sleep and rest
Regulation 84B	Sleep and rest policies and procedures
Regulation 84C	Risk assessment for purposes of sleep and rest policies and procedures
Regulation 84D	Prohibition of bassinets
Regulation 87	Incident, injury, trauma and illness record
Regulation 103	Premises, furniture and equipment to be safe, clean and in good repair
Regulation 105	Furniture, materials and equipment
Regulation 106	Laundry and hygiene facilities
Regulation 107	Space requirements – indoor space
Regulation 110	Ventilation and natural light
Regulation 115	Premises designed to facilitate supervision

Principles

ECMS is a proud child safe organisation. We prioritise the safety and wellbeing of all children attending our services and are committed to providing high quality education and care to children in line with regulatory requirements, approved learning frameworks, the National Quality Framework and best practice approaches.

The Australian Children's Education and Care Quality Authority (ACECQA) is the independent national authority that assists governments in administering the NQF for children's education and care. ACECQA recognises Red Nose Australia as the national authority on safe sleeping practices for infants and children. ECMS have followed ACECQA and Red Nose Australia guidelines in developing ECMS's Sleep and Rest Policy and Procedure.

ECMS applies the following principals in approaches to children's sleep and rest:

- Effective sleep and rest strategies are important in ensuring a child feels supported at a service. Children learn and develop best when their needs for safety, nutrition and sleep/rest are well met.
- ECMS staff have a duty of care to ensure children are provided with a high level of safety when sleeping and resting and every reasonable precaution is taken to prevent them from harm and hazard. ECMS staff have a responsibility to ensure that sleep environments and bedding equipment/linen meet regulatory standards and recognised best practice guidelines. ECMS staff must implement recognised safe sleep best practices when supporting sleep and rest for children.
- ECMS staff consult with families about their child's individual needs and are sensitive to different values, parenting beliefs, cultural or otherwise, associated with sleep and rest. Collaboration with families is important to promote continuity of care and learning between home and the service environment. ECMS staff support family and community understanding of safe sleep and rest practices, providing information and resources where required.
- Children have different sleep, rest and relaxation needs. Children of the same age can have different sleep patterns which need to be considered within the service. Each child's needs and comfort must be provided for and there must be appropriate opportunities to meet each child's sleep, rest and relaxation needs.

Scope

This policy applies to all ECMS staff including educators, volunteers and students.

ECMS Sleep & Rest Procedure

Owner: Early Childhood Education

Release date: July 2014

Reviewed: Sept 2016, Sept 2017, January 2019, May 2024

Next Review: May 2026