



Safe sleep and rest

National Law: section 165, 167

Regulations 81, 85, 86,

National Quality Standard 2.1.2, 2.1.4, 2.3.3, 2.3.4'

National authority SIDS & Kids.

The approved provider of an Education and Care Service must take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, development stages and individual needs of the children.

Penalty: \$1000.

Effective rest and sleep strategies are important factors in ensuring a child feels secure and safe in a child care environment.

Statement

- Kozy Kids Rest and Sleep Policy is based on recommendations from the recognised national authority SIDS & Kids
- The service consults with families about their child's individual needs and to be aware of the different values and parenting beliefs, cultural or otherwise that are associated with rest
- If a family's beliefs and practices are in conflict with SIDS & Kids, then Kozy Kids will not endorse an alternative practice, unless the service is provided with written advice from a medical practitioner
- The service defines 'rest' as a period of inactivity, solitude, calmness or tranquillity, and can include a child being in a state of sleep
- Kozy Kids has a duty of care to ensure that all children are provided with a high level of safety when resting or sleeping while in care
- It is understood by educators, children and families that there is a shared responsibility between Kozy Kids and other stakeholders that the Rest and Sleep Policy and procedures are accepted as a high priority
- In meeting Kozy Kids duty of care, it is a requirement that management and educators implement and adhere to the service's Rest and Sleep Policy.

The Best safe resting and sleeping practices for children in care at Kozy Kids are:

- All children will be placed on their back to rest when first being settled for a rest. If a child turns onto their side or stomach during sleep, then allow them to find their own sleeping position
- All children will rest with their face uncovered
- Children's rest environments are free from cigarette or tobacco smoke
- The rest environment, equipment and materials will be safe and free from hazards
- Educators monitor resting children at regular intervals and supervise the rest environment as per licensing regulations/best practice standards

Settling practices/best practice standards

There is no definitive recognised authority for settling practices for resting children. However, there are general best practice standards.

When considering settling procedures for resting children, it is important for educators to:

- meet the individual needs of children
- maintain health and safety practices
- minimise any distress or discomfort
- acknowledge children's emotions, feelings and fears
- avoid using settling and resting practices as a behaviour guidance as the child will relate the rest environment, which should be calm and secure, as a disciplinary setting
- young children (especially from 0 to 3 years of age) settle confidently when they have formed bonds with familiar and trusted carers

Amber Teething Necklaces and Children's Jewellery

Any form of jewellery worn around the neck or arms of the child can be potentially life threatening/a choking hazard. These will need to be removed upon arrival of the service.

Soft Toys

As per SIDS guidelines, infants over the age of seven months are allowed a small, suitable soft toy if requested by the parent. Parents and carers must ensure that the chosen toy has no removable parts e.g. buttons for eyes or on clothing that may come loose and present a choking hazard.

Dummies

Babies are allowed dummies to sleep with, but if it falls out of their mouth, do not try to put it back whilst they are asleep. Chains or cords should be removed at all times these form a choking hazard.

Cots and Mattresses

All cots in the Education and Care Service must meet the Australian Standard for cots (AS 2172) and will have a label that confirms this.

Cots will be safety checked monthly by the OHS representative

Every week or between different children using these cots they are to be cleaned with hot soapy water and air dried.

Every Child has their own bed linen supplied by the service.

Policy acknowledgements

Australian Competition and Consumer Commission (ACCC)

Keeping baby safe: A guide to nursery furniture Education and Care Services

www.fairtrading.qld.gov.au

www.productsafety.gov.au

Safe Sleeping Booklet www.sidsandkids.org

www.acecqa.gov.au