

## Sleep, Rest, Relaxation and Clothing Policy

- We will have a safe, quiet and restful environment for sleep and rest that enables educators to always see, hear and closely monitor children
- Educators will follow the safe sleep practices in the policy which are based on recommendations from Red Nose.
- If a child has a medical condition which prevents educators following these practices alternative practices must be authorised by a doctor in writing and form part of a child’s Medical Management Plan
- Educators will consider and meet where possible families’ preferences for their child’s sleep/rest. Educators have a legal obligation to allow children to sleep/rest if they’re showing signs of tiredness. If a resting child falls asleep without help and families have requested the child not have naps, educators may allow the child to sleep for a period they believe is in the best interests of the child’s health and wellbeing
- All cots must meet Australian Standards and be labelled AS/NZS 2172:2010 or AS/NZS 2195:2010 (folding cots)
- Mattress firmness must comply with AS/NZS 8811.1:2013 Methods of testing sleep surfaces
- Babies must never be left to sleep in a bassinet, hammock, pram or stroller
- Sleeping babies will be physically checked every 10 minutes and the check recorded
- If portacots used they must only be used temporarily (no more than a few days) for children up to 15 kg
- Educators will provide quiet, meaningful activities for children who do not need or wish to sleep or rest
- Educators will communicate daily with families about their child’s sleep and rest routines
- Educators will respect and help maintain children’s privacy during toileting, dressing/undressing etc
- Cleaning practices will ensure sleep/rest environments are hygienic. Beds, linen and mattress covers will be cleaned when they look dirty, and every day or at the end of the week if used by the same child
- Children’s clothing must be safe, suitable for the weather, able to get dirty, allow free movement and ease of access for toileting
- Educators may organise for children to sleep/rest outdoor in suitable weather while ensuring their safety and wellbeing
- For safety reasons children must not wear amber teething necklaces or bracelets.

Do you have any feedback or comments about this policy? Please include below.

Educator’s Name	Educator’s Signature

## Week 17, 5 to 9 June 2023 – 2.1.1 Wellbeing and comfort