

## Overview

North Ingle Preschool is required to follow the Department for Education's [safe sleeping and resting for infants and young children procedure](#) (department procedure) which aims to ensure appropriate opportunities are provided to meet each child's need for sleep, rest and relaxation.

North Ingle Preschool: Safe Sleep and Rest Procedure must be read alongside the department procedure. Together, these procedures address the requirements in regulation 168 of the National Regulations for education and care services to have sleep and rest procedures in place for children.

A copy of this procedure and the department procedure will be kept in the preschool office in a blue folder labelled Policies, Procedures and Codes.

## Procedures

The following procedures address matters required under regulations 84B and 84C of the National Regulations. An extract of those regulations is at Appendix A.

### How will children be protected from risks

To protect children from risks during sleep and rest, educators will follow the 'safe sleep and rest practices' outlined in the department procedure.

To ensure educators are aware of and follow the safe sleep and rest practices:

- the site leader will ensure that the department's safe sleep practices are incorporated in induction and training for educators, including for casual and relief staff
- the site leader will ensure that educators engage in refresher training every year, which will cover safe sleep and rest practices and risk assessment requirements

### Risk assessment

A Risk assessment will be undertaken in accordance with the department procedure, which addresses requirements under regulation 84C of the National Regulations (these are detailed at Appendix A). Risk assessments will be conducted using the [template for sleep and rest risk assessment](#).

A copy of all completed risk assessments will be kept by the service.

### Meeting sleep and rest needs

To ensure children's individual sleep and rest needs are met, educators will:

- Educators will regularly review and update sleep and rest policies and procedures to ensure they are maintained in line with best practice principles and guidelines.
- Staff will undertake a risk assessment to ensure adequate supervision and monitoring of children during periods of rest and sleep.
- Ensure that areas for sleep are well ventilated and have natural lighting.
- The sleep environment and equipment will be safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards.

- Children are to sleep with their face uncovered.
- Supervision planning and the placement of educators across our service will ensure educators are able to adequately supervise sleeping and resting children. Educators will closely monitor sleeping and resting children and our sleep rest environments. This involves checking/inspecting sleeping children at regular intervals, and ensuring that we are always within sight and hearing distance of sleeping and resting children so that we can assess a child's breathing and the colour of their skin.
- Educators will consider the risk for each individual child, and tailor sleep and rest to reflect the levels of risk identified for children at our service. Factors considered include the age of the child, medical conditions, individual needs and history of health and/or sleep issues.
- Ensure that mattresses are clean and in good repair. Mattresses will be wiped over with a neutral detergent between each use and sheet replaced.
- If a child does fall asleep on a surface such as a couch unexpectedly during the day, educators will gently wake the child and guide them onto a mattress. Staff will ensure constant supervision during the move and will clear a path for child to move through.
- If a child does fall asleep sleep checks must be undertaken regularly, (every 10 minutes) and monitor breathing and position.

**Breathing and Position Monitoring:** Educators must observe:

- Breathing patterns
- Sleep position (for example on their back unless medically advised otherwise)
- General well-being (for example skin colour, sweating, distress)
- body temperature
- head position
- airway
- head and face, ensuring they remain uncovered
- Educators will record this on the daily sleep check and record log and sign. The documentation will be placed on a clip board in the staff office.
- Families will be notified upon arrival how long the child slept for.

Opportunities for rest and relaxation will be provided by:

- A dedicated quiet calming corner will be available to children at all times in both the inside and outdoor environment.
- During the preschool day children will be provided with two opportunities to be involved in rest and relaxation. The first rest and relaxation will occur before lunch time at approximately 11:45am. After the star of the day has given a five-minute warning pre-schoolers line up, wash their hands and make their way to the rest and relaxation area. This occurs again at the end of the day approximately 2:20pm.
- During this time children are given the opportunity to find a spot on the mat with a soft teddy to cuddle. Pre-schoolers can also collect a book to read during this time. Calming music is played to children or a mindfulness activity or rest time song.
- Throughout rest and relaxation (approximately 3-5 minutes) educators remind children of their breathing and talk about 5 finger breathing.
- Supervision planning and the placement of educators across our service will ensure educators are able to adequately supervise sleeping and resting children.
- The rest environment and equipment will be safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards.

## Meeting health care needs

To ensure children's health care needs are met:

- as required by the department procedure, educators will ensure that, for a child who has a medical condition or additional needs which relates to their sleep or rest, a health care plan authorised by a medical practitioner is in place which outlines the safest sleep and rest practices to be implemented
- families will be asked to answer questions about their child's health care needs through questions in enrolment documents

## Partnership with families

To implement the procedures for facilitating 'a collaborative partnership with families' and for addressing 'requests to vary sleep practices', as set out in the department procedure:

- upon enrolment, educators will inform families of the service's sleep and rest policy and procedures and will provide families information about safe sleep recommendations
- the service's sleep and rest procedures and policy will be made available to families in hard copy / on the service's website
- educators will make a record of any parent communication concerning requests to vary sleep practices, and decisions made in relation to such requests
- site leaders will ensure that educators have appropriate training to address families' requests which are contrary to the safe sleep guidance

## Supervision and monitoring

To ensure all children are appropriately supervised and monitored, educators will follow the 'supervision and monitoring' procedures in the department procedure.

To implement the department procedure:

- the site leader will ensure that supervision and monitoring requirements for sleep and rest are incorporated into induction and training for educators, including casual and relief staff.
- In the event a child does fall asleep educators will complete a daily record of sleeping and resting which will include the time the child is checked, and the initial/signature of the educator
- once completed, educators will file the daily record on the staff notice board
- educators will ensure that playing children are supervised in close proximity to sleeping children to allow supervision of both groups
- educators will ensure that the physical environment facilitates effective supervision

## Sleep and rest environment

To ensure all children are provided with a safe sleep and rest environment, educators will follow the 'providing a safe sleeping environment' procedures in the department procedure.

To implement the department procedures:

- the site leader will ensure that requirements for ensuring a safe sleep and rest environment are incorporated into induction and training for educators
- educators will use a safe sleep environment checklist to ensure that:
  - there is adequate lighting of sleep and rest areas to enable effective supervision
  - sleep and rest areas are well ventilated
  - cots and beds are positioned away from heaters to avoid overheating

## Sleep and rest equipment

To ensure all children are provided with safe sleep and rest equipment:

- site leaders will ensure that periodic work health and safety checks are undertaken of the physical environment, furniture and resources of the service

## Reviewing sleep and rest practices

To ensure sleep and rest practices of the service remain current and implement best practices:

- the site leader will ensure sleep practices and environments are reviewed once a year
- educators will ensure that safe sleep practices and any changes to service procedures are discussed as a regular meeting agenda item

## Training and induction for educators

To ensure best practices and recommendations for safe sleep and rest are met:

- the site leader will ensure that training and induction for educators (including casual and relief staff) covers the requirements in the department procedure and the procedures in this document and will use relevant tools for ensuring compliance (ie checklists)
- the site leader will ensure that training and induction for educators addresses knowledge and understanding of risks of sudden infant death syndrome (SIDS)
- the site leader will ensure educators are provided with opportunities to attend formal training courses on safe sleep and rest at least once in a 12-month period.

## Procedure creation and revision record

Version:	1
Approved by site leader:	Dina Zunis
Date of approval:	27/06/2025
Date of next review:	27/06/2028
Amendments(s):	Nil

# APPENDIX A: Extract of regulations 84B and 84C of the National Regulations

## [Education and Care Services National Regulations \(2011 SI 653\)](#)

### **84B Sleep and rest policies and procedures**

The sleep and rest policies and procedures required under regulation 168(2)(a)(v) must address—

- (a) how children will be protected from any risks identified in a risk assessment conducted under regulation 84C
- (b) how the sleep and rest needs of children being educated and cared for by the service are met, including how the ages, developmental stages and the sleep and rest needs of individual children are considered
- (c) how the health care needs of individual children being educated and cared for by the service are met
- (d) how requests from families about a child’s sleep and rest and cultural preferences are considered
- (e) supervision and monitoring during sleep and rest periods, including –
  - (i) the method and frequency of checking the safety, health and wellbeing of children during sleep and rest; and
  - (ii) the documentation of sleep and rest periods
- (f) how the sleep and rest practices at the service are consistent with any current health guidelines on the best practices to adopt to ensure the safety of children during sleep and rest
- (g) the induction, training and knowledge of staff who educate and care for children at the service in relation to best practices for children’s sleep and rest
- (h) the location and arrangement of sleep and rest areas at the service and how this meets the sleep and rest needs of children being educated and cared for by the service
- (i) safety and suitability of cots, bedding and bedding equipment, having regard to the ages and developmental stages of children who will use the cots, bedding and bedding equipment
- (j) management of potential hazards –
  - (i) in sleep and rest areas; and
  - (ii) on a child during sleep and rest periods
- (k) management of physical safety and suitability of sleep and rest environments (including temperature, lighting and ventilation)
- (l) communication of the sleep and rest policies and procedures to a parent.

## 84C Risk assessment for purposes of sleep and rest policies and procedures

- (1) The approved provider of an education and care service must ensure that a sleep and rest risk assessment is conducted in accordance with this regulation—
  - (a) at least once every 12 months; and
  - (b) as soon as practicable after becoming aware of any circumstance that may affect the safety, health or wellbeing of children during sleep and rest.Penalty: \$2200.  
Note - A compliance direction may be issued for failure to comply with subregulation (1).
- (2) a risk assessment must consider the following:
  - (a) the number, ages and developmental stages of children being educated and cared for –
    - (i) by the education and care service; or
    - (ii) in the case of a family day care service, at each family day care residence or approved family day care venue of the service;
  - (b) the sleep and rest needs of children being cared for (including health care needs, cultural preferences, sleep and rest needs of individual children and requests from families about a child's sleep and rest) –
    - (i) by the education and care service; or
    - (ii) in the case of a family day care service, at each family day care residence or approved family day care venue of the service;
  - (c) the suitability of staffing arrangements to adequately supervise and monitor children during sleep and rest periods
  - (d) the level of knowledge and training of staff supervising children during sleep and rest periods
  - (e) the location of sleep and rest areas, including the arrangement of cots and beds within the sleep and rest areas
    - (i) at the education and care service; or
    - (ii) in the case of a family day care service, at each family day care residence or approved family day care venue of the service;
  - (f) the safety and suitability of any cots, beds and bedding equipment, having regard to the ages and developmental stages of children who will use the cots, bed and bedding equipment
  - (g) any potential hazards
    - (i) in sleep and rest areas; or
    - (i) on a child during sleep and rest periods;
  - (h) the physical safety and suitability of sleep and rest environments (including temperature, lighting and ventilation) –
    - (ii) at the education and care service; or
    - (iii) in the case of a family day care service, at each family day care residence or approved family day care venue of the service;
  - (i) in the case of a family day care service that provides overnight care to a child, any risks that the overnight care provided at the family day care residence or approved family day care venue of the service may pose to the safety, health or wellbeing of the child.
- (3) As soon as practicable after conducting a risk assessment under this regulation, the approved provider of an education and care service must make any necessary updates to the sleep and rest policies and procedures.
- (4) The approved provider must keep a record of each risk assessment conducted under this regulation.