

Sleep & Rest Policy



Procedure Relevant to:	All Team members, Educators & families
Link to	Sleep & Rest Procedure
Last Reviewed:	June 2023
Next Review:	February 2026
NQF:	81, 82, 87, 103, 105, 106, 107, 110, 115, 168, 170, 171, 172, 176
NQS:	2.1, 2.1.1, 2.2, 2.2.1, 3.2, 3.1.2
National Law:	

All children have individual sleep and rest requirements. Our objective is to meet each child's need for sleep, rest and relaxation these needs by providing a comfortable, relaxing and safe space to enable their bodies to rest. This environment will also be well supervised ensuring all children feel secure and safe at Adventure Patch services.

Purpose

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 Policy will assist management, and educators and other staff to ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs whilst attending the service.

The risk of Sudden Infant Death Syndrome (SIDS) for infants will be minimised by following practices and guidelines set out by the national authority on safe sleeping practice for infants and children- Red Nose (formerly SIDS and Kids). Our policy sets out quality practice and is informed by recognised and evidence-based principles. Safe Sleep practices are informed by Red Nose and guidance from ACEQCA.

Sleep or rest procedures shall be safe and meet the needs of individual children and expectations of parents.

We 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 protect them from harm and hazard. In meeting Adventure Patch's duty of care, it is a requirement that all educators implement and adhere to this policy and associated procedures to ensure we respect and cater for each child's specific needs and ensure all risks are appropriately addressed at all times.

Policy

Educators will take reasonable steps to ensure the needs for sleep and rest of children are met, having regard to their age, developmental and individual needs. Sleep procedures and sleep equipment will take into account current health and safety advice from recognised health and safety authorities. There will be a comfortable place and experiences that promote rest and relaxation provided for children at all times.

Adventure Patch services will ensure:

- That all children sleep in a clean and safe environment.

- Educators will consult with families to meet the individual sleep/rest requirements for each child.
- be sensitive to each child's needs so that sleep and rest times are a positive experience.
- All sleep procedures and equipment is purchased and maintained in accordance with Australian Standards and recognised health and safety authorities (Red Nose Australia)
- Education and Care Services National Regulations and Law are to meet at all times.

Related Policies

Administration of First Aid Policy
Child Safe Environment Policy
Enrolment and Orientation Policy
Health and Safety Policy
Tobacco, Drug and Alcohol Free Policy

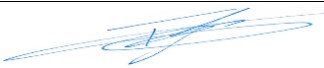
Resources

ACECQA. (n.d.). Safe sleep and rest practices: <https://www.acecqa.gov.au/resources/supporting-materials/infosheet/safe-sleep-and-rest-practices>
Australian Children's Education & Care Quality Authority. (2014). Australian Competition and Consumer Commission (ACCC). (2013). Find out more: [Keeping baby safe](#)
Early Childhood Australia Code of Ethics. (2016).
Education and Care Services National Law Act 2010. (Amended 2018).
Education and Care Services National Regulations. (2011)
Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).
Guide to the National Quality Framework. (2017). (Amended 2020)
Red Nose: <https://rednose.org.au/>
Quality Standard. (2018). Standards Australia – <https://www.standards.org.au/>

Review History

Policy Reviewed By:	Lindy Davis	Manager LDC	June 2023
POLICY REVIEWED	June 2023	NEXT REVIEW DATE	February 2026
Modifications	<ul style="list-style-type: none"> • policy maintenance • hyperlinks checked and repaired as required. • Added purpose. • Added related policies. • Added resources. 		
POLICY REVIEWED	PREVIOUS MODIFICATIONS		NEXT REVIEW DATE
	<ul style="list-style-type: none"> • 		

Signed

CEO:	
Manager:	