

Sleep & Rest Policy



Policy Relevant to:	All Team members, Educators, & families
Last Reviewed:	February 2026
Next Review:	February 2028
ECS National Law:	S165, S167
ECS National Regulation	r82, r84A-D, r87, r103, r105, r106, r107, r110, r115, r168, r170, r171, r172, r176
NQS:	2.1, 2.1.1, 2.2, 2.2.1, 3.1, 3.1.2

All children have individual sleep and rest requirements. Our objective is to meet each child's need for sleep, rest and relaxation 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.

As per Standard 2.1 (Element 2.1.1) of the National Quality Standard, each child's comfort must be provided for and there must be appropriate opportunities to meet each child's sleep, rest and relaxation needs.' (ACECQA).

Purpose

The Education and Care Services National Regulations require 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, 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 ACECQA.

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.

Implementation

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 will ensure:

- Educators will undertake Sleep Safe training as required.
- 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.
- Adventure Patch will ensure no bassinets are used or stored within our services.
- 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 be met at all times.

Key definitions

Definition	Meaning
ACECQA- Australian Children's Education and Care Quality Authority	The independent national authority that works with all regulatory authorities to administer the National Quality Framework, including the provision of guidance, resources and services to support the sector to improve outcomes for children.
Adequate supervision	Adequate supervision means: <ul style="list-style-type: none"> • that an educator can respond immediately, particularly when a child is distressed or in a hazardous situation. • knowing where children are at all times and monitoring their activities actively and diligently
Continuous supervision	Ensure an educator is in sight and hearing of a sleeping child at all times- representing best practice (Red Nose Australia)
Infant	A young child between the ages of birth and 12 months
Rest	A period of inactivity solitude, calmness or tranquility and can include a child being in a state of sleep.
Relaxation	Relaxation or other activity for bringing about a feeling of calm in your body and mind.
Red Nose	Red Nose is Australia's leading authority on safe sleep and safe pregnancy advice.
Sudden and Unexpected Death in Infancy (SUDI)	A broad term used to describe the sudden and unexpected death of a baby for which the cause is not immediately obvious- (SIDS or Fatal sleeping accident)
Sudden Infant Death Syndrome (SIDS)	The sudden and unexpected death of an infant under one year of age with an onset of a fatal episode occurring during sleep, that remains unexplained after a thorough investigation including performance of a complete autopsy and review of the circumstances of death and the clinical history.

Risk Assessment

Adventure Patch, in conjunction with educators of the service, will conduct a comprehensive risk assessment in order to identify any potential risk/s or hazards and ensure the safety of all children during sleep and rest.

The risk assessment will be reviewed at least annually or after being aware of an incident or circumstance where the health, safety or well-being of children may be compromised during sleep or rest.

Related Policies

Administration of First Aid Policy Child Safe Environment Policy Enrolment Policy Emergency and Evacuation Policy Health and Safety Policy	Interactions with Children, Physical Environment Policy Staffing Arrangements Policy Work Health and Safety
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Resources

ACECQA. (n.d.). [Safe sleep and rest practices](#)

ACECQA. (2024). [Sleep and Rest for Children. Policy Guidelines.](#)

Australian Children's Education & Care Quality Authority. (2025).

<https://www.acecqa.gov.au/sites/default/files/2023-03/Guide-to-the-NQF-March-2023.pdf> [Guide to the National Quality Framework](#)

Australian Competition and Consumer Commission (ACCC). (2022). Find out more: [Your First Steps to help parents keep their baby safe](#)

[Early Childhood Australia Code of Ethics. \(2016\).](#)

[Education and Care Services National Law Act 2010. \(amended 2025\)](#)

[Education and Care Services National Regulations. \(Amended 2025\)](#)

NSW Department of Education. (2024). [Sleep and rest for children-Policy guidelines for early childhood education and care services. \(updated\)](#)

Red Nose: <https://rednose.org.au/section/safe-practices>

Red Nose: Cot to bed


safety https://rednose.org.au/downloads/RN3356_Cot_Bed_DL_Oct2018_Online.pdf

Review History

Policy Reviewed By:	Lindy Davis	Manager LDC	February 2026
POLICY REVIEWED	February 2026	NEXT REVIEW DATE	February 2028
Modifications	<ul style="list-style-type: none"> • General policy maintenance • Updated regulations • Updated resource list and updated links • Added key definitions • Updated Risk Assessment 		
POLICY REVIEWED	PREVIOUS MODIFICATIONS	NEXT REVIEW DATE	

October 2023	<ul style="list-style-type: none"> • Added Risk Assessment section: New information added regarding regulation changes effective October 2023 	February 2026
June 2023	<ul style="list-style-type: none"> • policy maintenance • hyperlinks checked and repaired as required. • Added purpose. • Added related policies. • Added resources 	February 2026

Signed

CEO:	
Manager:	