



# LOCK AREA SCHOOL

WITH HEAD, HEART AND HAND

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Government  
of South Australia  
Department for Education

## LELC Safe Sleep and Rest Procedure

### Overview

Lock Area School 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.

The Early Years 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 on file at Lock Area School. A printed copy will be stored in the Early Years Policy folder.

### 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 children will 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.

For sleeping infants, educators will protect infants against overheating by ensuring:

- infants' face and head are uncovered
- infants are placed on their back to sleep
- infants are dressed according to whether it is summer or winter, whether there is heating or cooling, and where the infant is sleeping
- document sleep checks in the record book (at 10 minute intervals)

### Risk Assessment

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

Site leaders will ensure that, as soon as practicable after a risk assessment is completed, any necessary updates to this procedure will be made.

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:

- Consult with families about children's sleep and rest needs. This is to be completed at the start of each year on the 'All About My Child' questionnaire.
- Be sensitive to each family's cultural preferences relating to sleep and rest and negotiate sleep and rest routines and practices with families to reach agreement on how these occur for each child at the Service.
- Respect family preferences regarding sleep and rest and consider these daily while ensuring children feel safe and secure in the environment. Conversations with families may be necessary to remind families that children will neither be forced to sleep nor prevented from sleeping. Sleep and rest patterns will be recorded daily for families.
- Respect children's needs, wants and agency in relation to resting and sleeping.
- Acknowledge children's emotions, feelings and fears in regards to sleep/rest time and develop positive relationships with children to assist in settling children confidently when sleeping and resting.
- Ensure that each child's comfort is provided for. If a child requests a rest, or if they are showing clear signs of tiredness, regardless of the time of day, children are provided with the opportunity to rest/sleep.

Opportunities for rest and relaxation will be provided by:

- Be sensitive to each child's needs, cues and family input in relation to the child's need to sleep and rest.
- Be sensitive to each child's needs and cues so that sleep and rest times are a positive experience.
- Ensure the environment is tranquil and calm for both Educators and children eg. By playing relaxation music, reading stories, turning off lights, providing pillows and blankets, and ensuring children are comfortably clothed.
- Ensure there are appropriate opportunities to meet each child's need for sleep and rest.
- Offer a supervised relaxation time each day after lunch.
- Ensure that children who do not wish to sleep or rest are provided with alternative quiet activities and experiences, whilst those children who do wish to sleep are allowed to do so, without being disrupted.

### *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, or at the start of each year.

### *Partnerships 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.

To implement the department's procedures for 'promoting and modelling safe infant care practices':

- The site leader will ensure safe sleeping information is displayed and available for families, including by providing resources in different languages and using easy-to-read posters.

### *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 are rest are incorporated into induction and training for educators, including casual and relief staff.
- 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 in the Occasional Care cupboard.
- Educators will ensure that playing children are supervised in close proximity to sleeping children to allow supervision of both groups.
- Educators will monitor infants' breathing.
- Educators will ensure that the physical environment facilitates effective supervision (ie windows not blocked and adequate space to move around to physically check on individual children).

### *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
  - there is an unobstructed gap between cots and beds to allow free movement by an educator and to ensure children cannot physically disturb one another while sleeping and resting
  - cots and beds are positioned away from heaters to avoid overheating
  - cots and beds are kept away from hanging cords, mobiles, electrical appliances and curtains

### *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.
- Site leaders will check manufacturer standards of sleep and rest equipment upon purchasing, including for cots (which must comply with AS/NZS 2172) and folding or portable cots (which must comply with AS/NZS 2195).
- If using a safe sleeping bag, educators will ensure it is the correct size for the infant with a fitted neck, arm holes (or sleeves), and no hood, so that the infant cannot slip inside the bag and become completely covered.
- Educators will assess which sleep surface (cot, mattress or bed) is appropriate for the child, including by taking into account the child's age, development (ie the ability for the child to climb over the sides of a cot), the family's views and practices at home.

### *Prams, pushers and bassinets*

As required by the department procedure, all staff will ensure that prams, pushers, bouncinettes and rockers are not used unsupervised, and are not used as a sleeping environment for children.

The presence of bassinets at the service is prohibited under the National Regulations. All staff will ensure that bassinets are not present at the service for any purpose.

### *Wraps, slings and carriers*

Educators will follow the 'wrapping infants' and 'baby slings and carriers' procedures in the department procedure, which require educators to follow best practice recommendations.

To ensure compliance with those procedures:

- The site leader will ensure that best practice recommendations for wrapping infants, and use of baby slings and carriers, are incorporated into induction and training for educators.
- Prior to using wraps, slings or carriers, educators will discuss relevant risks with the family.

### *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 annually
- 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.

## **Policy and Procedure creation and revision record**

Version	1.0
Approved by site leader:	Beth Sampson
Date of Approval:	July 2024
Date shared with Governing Council:	6/08/2024
Date of next review:	July 2027
Amendments	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.