

SAFE SLEEPING & RESTING FOR YOUNG CHILDREN POLICY & PROCEDURE

All children have individual sleep and rest requirements. We aim 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 our Preschool.

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
QUALITY AREA 3: PHYSICAL ENVIRONMENT		
3.1	Design	The design of the facilities is appropriate for the operation of a service.
3.1.2	Upkeep	Premises, furniture and equipment are safe, clean and well maintained.

EDUCATION AND CARE SERVICES NATIONAL LAW AND NATIONAL REGULATIONS	
S. 165	Offence to inadequately supervise children
S.167	Offence relating to protection of children from harm and hazard
82	Tobacco, drug and alcohol-free environment
84A	Sleep and Rest
84B	Sleep and rest policies and procedures
84C	Risk assessment for purposes of sleep and rest policies and procedures

84D	Prohibition of bassinets
87	Incident, injury, trauma and illness record
103	Premises, furniture and equipment to be safe, clean and in good repair
105	Furniture, materials and equipment
106	Laundry and hygiene facilities
107	Space requirements-indoor space
110	Ventilation and natural light
115	Premises designed to facilitate supervision
168	Education and care Preschool must have policies and procedures
170	Policies and procedures to be followed
171	Policies and procedures to be available
172	Notification of change to policies or procedures
176	Time to notify certain information to regulatory authority

PURPOSE

The *Education and Care Services National Regulations* require approved providers and nominated supervisors to ensure their services have policies and procedures in place for children's sleep and rest, having regard to the ages developmental stages and individual needs of the children. Our *Safe Sleeping and Resting for Infants and Young Children Policy* will assist leadership, teachers and SSO's to ensure that all children have appropriate opportunities to sleep, rest and relax in accordance with their individual needs whilst attending the Preschool.

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 the Preschool's duty of care, it is a requirement that all staff 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.

SCOPE

This policy applies to children, families, educators, staff, leadership, approved provider, nominated supervisor, students, volunteers and visitors of the Service.

IMPLEMENTATION

- Children attend our preschool from 8:15am and 3:45pm Monday, Tuesday, Thursday and Friday.
- These sessions are extremely active and engaging, with children participating in a variety of learning experiences. It is important for children to also have opportunities in the sessions to be quiet, calm and relaxed during the time they attend.
- Children who wish to rest will/ are provided opportunities to do so. This will include a mat/area to do so comfortably.

Our Preschool defines 'rest' as a period of inactivity, solitude, calmness, or tranquillity, and can include a child being in a state of sleep. Considering the busy and energetic nature of the children's day, we feel that it is important for children to participate in a quiet/rest or relaxation period during the day to rest, relax, and recharge their body. Effective rest strategies are important factors in ensuring a child feels secure and safe in an early childhood environment these are incorporated to our daily practices, ensuring all children are offered the opportunity to rest. (ACECQA 2023)

THE APPROVED PROVIDER/LEADERSHIP/NOMINATED SUPERVISOR WILL ENSURE:

- Obligations under the *Education and Care Services National Law and National Regulations* are Met.
- Educators, staff, students, visitors and volunteers have knowledge of and adhere to this policy and any associated procedures.
- All new employees are provided with a copy of this policy as part of their induction process
- Families are aware of this *Safe Sleeping and Resting for Infants and Young Children Policy*
- A sleep and rest specific risk assessment is conducted at least annually to ensure all protentional hazards are controlled in sleep or rest areas in line with Red Nose and ACECQA guidelines.

- Every reasonable precaution has been taken to protect children from harm and from hazards likely to cause injury. Hazards posing a risk of suffocation, choking, crushing or strangulation risk to children must be removed from the sleep and rest environment. (S.167)
- Up to date knowledge regarding safe sleeping practices is maintained and information communicated to educators and families.
- Reasonable steps are taken to ensure that each child's need for sleep, rest and relaxation is provided.
- Consideration is given to the ages, developmental stages and individual needs of children.
- A safe indoor environment for sleep and rest is provided for children that is well ventilated, has adequate natural light and can be maintained at a temperature that ensures children's safety and wellbeing and is free from all hazards including cigarette and tobacco smoke (Reg.110)
- Sleeping children are closely monitored and that all sleeping children are always within hearing distance and observed. Children who are sleeping or resting have their face always uncovered.
- All equipment and furniture used for sleep and rest is safe, clean and in good repair (Reg. 103, 105)
- Educators follow the *Administration of First Aid Policy* if the child's face/body appears blue and the child is not breathing, initiate first aid immediately including calling an ambulance and beginning resuscitation
- An *Incident, Injury, Trauma and Illness Record* is completed in its entirety if required.
- The parent and the regulatory authority are notified as soon as possible and within 24 hours of a serious incident.

EDUCATORS WILL:

- Have a thorough understanding of the Service's policy and procedure and embed practices to support safe sleep into everyday practice.
- Ensure children's safety is paramount.
- Communicate with families about their child's sleeping or rest times and the Service's policy regarding sleep and rest times.
- Consider a vast range of strategies to meet children's individual sleep and rest needs, considering inclusion of all children and adjustments that may need to be implemented.
- Ensure there are appropriate opportunities to meet each child's need for sleep, rest and relaxation.
- Acknowledge and support children's agency, emotions, feelings and fears in regard to sleep/rest time.
- Develop positive relationships with children to assist in settling children confidently when sleeping and resting.

- Ensure there are no loose aspects of clothing or jewellery that could entangle the child during sleep/rest.

SUPERVISION

EDUCATORS WILL:

- Maintain adequate supervision and maintain educator ratios throughout the sleep period.
- Ensure supervision is active, effective and frequent.
- Ensure sleeping spaces are not dark- there needs to be sufficient light to allow supervision and to physically check children's breathing, lip and skin colour.
- Ensure physical checks of a sleeping child occur at least every.
- Consider the circumstances and any risk factors that may mean physical checks need to be more frequent for some children (e.g., children with colds, chronic lung disorders or specific health care needs that may require higher level of supervision).
- Initiate first aid immediately including calling and ambulance and beginning resuscitation if the child's face/body appears blue and the child is not breathing.
- Ensure an *Incident, Injury, Trauma and Illness Record* is completed in its entirety following an incident.

PRE-SCHOOL AGE CHILDREN

EDUCATORS WILL:

- Be respectful for children's individual sleep and rest requirements
- Discuss children's sleep and rest needs with families and include children in decision making (children's agency).
- Provide a tranquil and calm environment for children to rest by turning off lights, playing quiet relaxing music, reading stories, cultural reflection
- Ensure children are comfortably clothed.
- Encourage children to rest their bodies and minds.
- Introduce relaxation techniques into rest routine.
- Ensure children sleep with their face uncovered.
- Closely monitor sleeping and resting children.
- Provide quiet activities as a form of rest for children.
- Ensure a record is maintained recording the time and observation of each physical check immediately after checks are made on the **Safe Sleep Record**.

- Record sleep and rest patterns to provide information to parents/families.

PARENTS/FAMILIES WILL:

- Be informed during enrolment of our *Sleep and Rest Policy* and procedure
- Be informed that amber teething bracelets and necklaces are not to be worn at our service due to the risk of choking.

CONTINUOUS IMPROVEMENT/REFLECTION

Our *Sleep and Rest Policy* will be reviewed on an annual basis in consultation with children, families, staff, educators and leadership.

Key terms

Term	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: - 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 always in sight and hearing of a sleeping child, representing best practice (Red Nose Australia)
Infant	A young child between the ages of birth and 12 months
Rest	A period of quiet activity, 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.

<https://www.education.sa.gov.au/policies/shared/safe-sleeping-and-resting-for-infants-and-young-children-procedure.pdf>

ACECQA. (n.d.). Safe sleep and rest practices: <https://www.acecqa.gov.au/resources/supporting-materials/infosheet/safe-sleep-and-rest-practices>

ACECQA. (2023). *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 2023).

Education and Care Services National Regulations. (Amended 2023)

NSW Department of Education. (2022). [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

POLICY REVIEWED BY	Michele Wilson	Deputy Principal	6 th May 2026
POLICY REVIEWED	May 2026	NEXT REVIEW DATE	May 2027
VERSION NUMBER	V3		
MODIFICATIONS	- annual policy review - sources checked for currency and updated as required		
POLICY REVIEWED	PREVIOUS MODIFICATIONS	NEXT REVIEW DATE	
May 2026	- thorough review to delete repeated dot points in different sections - rearranged content within policy for ease of implementation and relevance - added statement regarding amber necklaces and bracelets not to be worn at the Preschool - sources checked for currency - remove related policies section due to relevance and ensuring policy flowed and was concise - Added in quiet activity dot point and edited the key terms meaning of rest, to acknowledge that our preschool children due to age, rarely sleep and a quiet activity such as puzzles, books etc are how they rest their bodies.	May 2027	

Ratified by Governing Council