



Safe sleep and rest procedure

National Quality Standard Area 2 Children's health and safety

Overview

Elizabeth Park 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.

Elizabeth Park Preschool 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.

Hard copies of this procedure are kept in our site Preschool Policy Compliance folder, in the entrance to the preschool, next to the children's pigeon holes. It is also available electronically on the Elizabeth Park Primary School website and is shared with staff and families within inductions.

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. This procedure is to be read in conjunction with age-appropriate Red Nose and Kidsafe SA safe sleeping recommendations. We acknowledge the support of Kidsafe SA and Red Nose Australia in the development of this 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
- 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](#).

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:

- *Educators will provide quiet spaces for rest as required, or when children feel tired. The Regulation Room, book area or mat room are designated quiet spaces. These areas will be inspected for any potential risks.*
- *Information will be collected from families about children's wellbeing, physical comfort or personal needs through conversations with families, use of compliance checklists including analysis of the sleep log, implementation and evaluation of the Child Protection Curriculum and from educator shared evaluations of children's needs over a period of time.*
- *Families' cultural preferences relating to sleep and rest are communicated and documented during enrolment*

Opportunities for rest and relaxation will be provided by:

- *Educators will intentionally plan for a variety of quiet and active experiences, within both the indoor and outdoor learning environments.*

If a child falls asleep during a preschool session the following procedure will apply:

- If a child falls asleep on the floor, an educator will supervise children walking around the child, whilst encouraging quiet play experiences. This may include relocating children to play in other spaces.
- A light cover may be provided. This will be washed after each use.
- An educator will be allocated responsibility for the supervision of a child whilst sleeping, remaining in line of sight and hearing, whilst maintaining awareness of any potential hazards around or to the child.
- The responsible educator will check the sleeping child every ten minutes, checking for breathing and monitoring the colour of their skin and lips.
- The educator will record in the Daily Log near the kitchen, the child's details, including the time they fell asleep and the 10 minute checks for the duration of their sleep.
- An educator will phone the family as a courtesy call, to notify them their child is asleep. An Incident, Injury, Trauma and Illness Record will be completed by an educator following this. If a child falls asleep on a regular basis, as analysed in the Sleep Log, a meeting with the family will be arranged to document a personalised Safety and Risk Management Plan.

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 are required to inform the site leader of any changes to medical conditions requiring higher levels of supervision for their child when sleeping.
- 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 Preschool's sleep and rest procedures and policy will be made available to families in hard copy / on the Preschool website
- educators will make a record of any parent communication concerning requests to vary sleep practices, and decisions made in relation to such requests to assist in considerations being assessed. Educators must reinforce that we are unable to deviate from safe sleep practices.
- Safe Sleep information is available to families upon request.

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.
- educators will complete a daily log of sleeping and resting located by the telephone near the kitchen which will include the time the child is checked, and the initial/signature of the educator,
- 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 (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
 - children are positioned away from heaters to avoid overheating
 - children 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:

- The site leader will ensure that periodic work health and safety checks are undertaken of the physical environment, furniture and resources of the service.
- The site leader 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)
- 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, the family's views and practices at home.

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 every 12 months, or sooner if a risk assessment need to be reviewed.
- 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.
- the site leader will ensure that training and induction for educators addresses knowledge and understanding of risks of sudden infant death syndrome (SIDS)

Procedure creation and revision record

Local procedures must be regularly reviewed and maintained to ensure they remain relevant and up-to-date with important developments in evidence-based practices for safe sleep and rest. Any revisions to the policy should be communicated to staff and families, and access to electronic and hardcopies of older versions should be removed.

Duplicate (copy/paste) the below table to record each version change.

Version:	1.0
Approved by site leader:	Danielle Green, Principal
Date of approval:	15 th September 2025
Date of next review:	Term 2 2027
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.