

## **SAFE SLEEP AND REST Policy**

### **Rationale**

This policy was developed in consultation with relevant stakeholders and is consistent with the laws, regulations and recommendations outlined by:

- Education and Care Services National Law and Regulations
- ACECQA Sleep and Rest Legislative requirements October 2023
- Safe infant sleeping standards policy directive (SA Health)
- Red Nose recommendations
- Kidsafe SA safe sleeping recommendations

Sleep is important to the overall health, wellbeing and development of children. Children who do not sleep well may struggle to learn and regulate their behaviour. This can also affect the wellbeing and health of families and may impact the child's experience in early education. At John Hartley Children's Centre we aim to meet each child's needs for sleep, rest and relaxation in a safe and caring manner that takes into consideration the preferences and practices of each child's family.

### **Implementation**

Rest can be defined as quiet time; a period of inactivity or relaxed activity, calmness or tranquillity and can include a child being in a state of sleep.

Most children benefit from periods of rest which help them grow and prepare them for meaningful learning experiences. Relaxation periods are included in all children's daily routine consistent with their developmental needs. John Hartley Children's Centre Staff have a legal obligation to ensure children are safe and are offered sleep or rest when they need it. If a child is displaying signs of tiredness, staff must offer the child to sleep or rest for a reasonable period. A quiet place will be designated for rest and sleep, away from interactive groups.

Effective ways for children to rest include:

- Reading a book in the room or on the couch
- Sitting at the table drawing
- Playing with playdough
- Listening to music
- Quietly engaging in independent play

At John Hartley Children's Centre Children:

- Are offered a quiet place for rest and sleep and will also allow for calm play experiences
- Are to sleep and rest with their face uncovered
- The sleep and rest environment and equipment will be safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards
- Will be supervised by educators whilst sleeping and/or resting. **This involves checking/inspecting sleeping children at regular intervals** and ensuring that educators are always within sight and hearing distance of sleeping and resting children so that they can assess a child's breathing and the colour of their skin.
- All staff will consider the risk for each individual child, and tailor sleep and rest to reflect the levels of risk identified for children. Factors considered include the age of the child, medical conditions, individual needs and history of health and/or sleep issues
- Compliance with recommended safe sleep practices
- Educators know where to obtain further information, resources and training about safe sleep practices.
- There is a process in place to review the service's sleep practices

### **Supervision**

- Children resting and sleeping are actively supervised and monitored in accordance with the national law and regulations
- Each child's circumstances are assessed to identify known risk factors
- If Centre staff are not in the room with the sleeping child, a process is in place to actively check the child no less than every 15 minutes, and to record this observation. A higher level of supervision may be needed, based on the individual child's needs, and is adjusted accordingly.

CREATED: **February 2020 – (Version 4)**

TO BE REVIEWED: **February 2026**

*This policy should not be read in isolation – it complements the DfE Safe Rest and Sleep Policy and has been developed with the following:*

SOURCED: Education and Care Services National Law and Regulations

[Safe sleep and rest for infants and young children \(edi.sa.edu.au\)](http://edi.sa.edu.au)

[SIDS & KIDS | Safe sleep education and counselling \(sidssa.org.au\)](http://sidssa.org.au)

[Safe Sleeping Practices for Newborns | Red Nose Australia](#)

[Safe Infant Sleeping | Kidsafe SA](#)