

Mawson Lakes Preschool

Safe Sleep and Rest Procedure



Rationale

Mawson Lakes Preschool supports all children in managing their own health and wellbeing and acknowledges some children may require a rest and/or sleep while attending preschool. All educators at our preschool will take reasonable steps to ensure children's need for sleep and rest are met taking into account each child's age and developmental needs.

This policy outlines Mawson Lakes Preschool's practices in line with the Department for Education's [safe sleeping and resting for infants and young children procedure](#) and the [Education and Care Services National Regulations: Regulation 81](#)

Educators will

- Ensure our learning environment has spaces for quiet play, rest and relaxation.
- Program relaxation times into our day eg as part of group time experiences.
- Provide a quiet space for children to sleep or rest when needed.
- Ensure the environment is safe and the equipment provided complies with the Australian Standard.
- Supervise sleeping and resting children. This will involve educators staying in close proximity and checking sleeping children at regular intervals. Sleeping children will be within sight and hearing distance so that educators can assess the child's breathing and colour of their skin to ensure their safety and wellbeing. Checks will be recorded in the site Sleeping Log.
- Assess each child's circumstances to identify any known risk factors and implement a higher level of supervision if/when needed (eg if a child is unwell/has a medical condition).

Working with families

This policy is included in our parent information book and individual children's rest and sleeping needs discussed with families at enrolment.

When a child falls asleep who would not normally sleep at preschool, educators will notify parents/caregivers to negotiate collection of or waking the child.

Educators will facilitate referrals to support services for families requiring further information and assistance to provide a safe sleeping environment for their child.

In circumstances where a family request a sleep practice that varies from the recommended practices due to medically indicated reasons, departmental [Health support planning for children and students in education and care settings](#) policies and procedures are to be followed. A health care plan authorised by a medical practitioner that clearly outlines the safest sleep practices to be implemented for the child will be required.

References

ACECQA: Safe sleep and rest practices

[Safe sleep and rest practices | ACECQA](#)

Department for Education: Safe sleeping and resting for infants and young children procedure (2022)

[Safe sleeping and resting for infants and young children procedure \(education.sa.gov.au\)](#)

Department for Education: Health support planning for children and students in education and care settings

[Health and complex needs support and management \(education.sa.gov.au\)](#)

Legislation and National Quality Standards

This policy relates to the following National Law and Regulations

Education and Care Services National Regulations 2011 (Current version 1 March 2023)

Regulation 168: Policies and procedures (2) (a) (v)–sleep and rest

Part 4.2 Children's health and safety – Division 1 Health, safety and wellbeing of children #81 – rest and sleep

[Education and Care Services National Regulations \(2011 SI 653\) - NSW Legislation](#)

This policy links to:

National Quality Standard 2 (2011)

Quality area 2: Children's health and safety.

[Quality Area 2 – Children's health and safety | ACECQA](#)

There are also links to:

Quality area 1: Educational program and practice

[Quality Area 1 – Educational program and practice | ACECQA](#)

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Quality area 5: Relationships with children

[Quality Area 5 – Relationships with children | ACECQA](#)

Quality area 7: Governance and leadership.

[Quality Area 7 – Governance and leadership | ACECQA](#)