



Safe Sleep & Rest Procedure

National Quality Standards 2.2 Regulation 168 (2) (a) (ii)

Rationale

The objectives of this procedure are to ensure that staff:

- promote and model safe sleeping practices and environments to families with young children
- are aware of where to access resources to build their knowledge about recommended safe sleep practices
- comply with the Education and Care Services National Law (South Australia) and Education and Care Services National Regulations.

The requirements of this procedure are that:

- supervised rest times are provided for children to support their health and wellbeing
- spaces for resting are clean and free from hazards (e.g. free of soft toys or any objects that a young child could roll onto and pose a suffocation risk)
- all children must be adequately supervised at all times. If a child falls asleep during a rest time or on a bus trip, educators will actively monitor and supervise sleeping children. The Guide to the National Law and Regulations states: 'When considering the supervision requirements of sleeping children, an assessment of each child's circumstances and needs should be undertaken to determine any risk factors. For example, because a higher risk may be associated with children with colds or chronic lung disorders, they might require a higher level of supervision while sleeping.'
- sleeping children are to always 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. Rooms that are very dark and have music playing may not provide adequate supervision of sleeping children.

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Next Review Due: September 2027