

McKellar Stewart Kindergarten.

Safe Sleep and Rest Procedure

Effective sleep and rest strategies are important factors in ensuring children feel safe and secure during their time at preschool. It is important for children to be able to rest when needed in order to be successful participants in the whole preschool program. Families values, parenting beliefs and cultural beliefs are acknowledged with sensitivity and respect. All staff have a duty of care to all children's health and wellbeing. We will encourage and promote rest as part of our daily routine.

The ACECQA National Quality Standards Quality Area 2: Children's Health and Safety Element 2:1:2 *Each child's comfort is provided for and there are appropriate opportunities to meet each child's need for sleep, rest and relaxation.*

Safe Sleep and Rest Procedure

At preschool we will:

- Ensure rest time is always part of our routine on full days. Specifically, after lunch where children will rest on a clean relaxation mat.
- Ensure quiet spaces are available for children to rest as needed in both the indoor and outdoor environment.
- Ensure children are resting with their faces uncovered.
- Ensure the area of rest is safe, clean and free from hazards.
- Staff will supervise rest times and closely monitor resting children.

If a child falls asleep during rest time we will:

- Ask other children to not disturb the child and play elsewhere whilst resting.
- Ensure the child is sleeping safely and their face is not covered or breathing obstructed.
- An educator will actively supervise the sleeping child at all times waking them gently after no more than 10min sleep beyond the relaxation group when
- Families will be notified at collection time if their child has slept during the day.
- Where a child consistently falls asleep we will discuss sleep times and support families where more knowledge is needed of the importance of sleep for young children.
- Parents may also encouraged to seek help from their doctor to improve their child's sleeping habits

This Safe Sleep and Rest Procedure is shared with all new staff and families. The Policy is available to view on the kindergarten website. This procedure is flexible when applied to individual children's needs.

This procedure has been created and is consistent with the requirements of the:

- Department for Education Safe Sleeping and resting for Infants and Young Children Procedure
- SA Health document: Safe infant sleeping standards policy directive
- Red Nose Safe Sleep Practices
- Kidsafe SA Safe Sleep Practices

Endorsed and ratified by Staff and Governing Council 2019