

COMFORTABLE SLEEP AND REST FOR CHILDREN POLICY

PURPOSE:

To provide a comfortable and accessible place for all children of the centre to rest or sleep in and to ensure that all children's sleep and rest needs are considered on an individual basis to be decided upon in partnership with parents.

IMPLEMENTATION:

Sleep is an important and positive aspect of the child's overall health and well being. Infants enrolled at this centre sleep in their nominated cot in a room containing four cots. Cot linen is laundered by the centre and cots are made up in accordance with SIDS and Kids recommendations and infants are put down in the cot adhering to this advice also (see information below). As the centre has 20 cots available in secure, quiet cot rooms, this enables children in the infants and toddler groups to be able to sleep during the day at any given time. Those toddler children who sleep only once a day after lunch have a mattress provided. These children are required to provide their own linen brought to and from the centre in a draw string bag or pillow case and to be taken home for laundering at least once a week.

All children between the ages of 3- 5 years are required to participate in a quiet / rest time. Children of this age may vary from day to day in their sleep requirements. All children in this group are required to supply their own bed linen brought to and from the centre in a draw string bag or pillow case and to be laundered by the family at least once a week. Mattresses are provided for children who either wish to or normally sleep.

Children who do not require a daytime rest will, after a brief quiet time be allowed to participate in passive activities, either on their bed or at tables. Children participating in such activities will be encouraged to understand that other children in the centre need and have the right to undisturbed rest.

SAFE SLEEPING

At Elder Street Early Childhood Centre we follow the safe sleeping guidelines set down by SIDS and Kids. To reduce the risk of SIDS we practice:

- Putting infants to sleep on their backs
- Ensuring infant's faces are uncovered during sleep
- Providing a smoke free environment
- Using a safe cot, bedding and mattress
- Placing baby at the bottom of the cot with bedding "short sheeted" meaning tucked in from the bottom of the cot.

Safe Bedding

As recommended by SIDS and Kids, all cots for infants are free of soft and puffy bedding that may lead to airway obstruction or overheating. More specifically this includes pillows, quilts, doonas and lambskins.

Reviewed:	10 June 2005
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Source:	Children Services Regulation 2004 www.sidsandkids.org
Supporting documents:	Centre Booklet