



Kilkenny Preschool

Sleep and rest procedure

Aim

The aim of this procedure is to ensure a safe and relaxed environment for children to sleep, rest and relax at the centre. Staff will follow these procedures to ensure the safe sleeping of all children.

Implementation

It is anticipated that most children enrolled in the Preschool program will have dropped or be dropping a regular day sleep. However, the preschool routine and environments are structured to enable suitable spaces and times for rest, relaxation and sleep (if required). These opportunities may alter during the year as individual and group needs change.

In instances where children have the need to sleep Families will be supported to understand that all educators are expected to follow the SIDS safe sleeping guidelines as part of this procedure.

Educators will:

- Inform all families of this procedure upon enrolment at the centre.
- Make this procedure available to parents.
- Provide preschool children with a comfortable space and opportunity to retreat for rest and relaxation throughout the day
- Opportunity for sleep is generally offered after lunch for those who need, but may change upon reflection of individual and group needs.
- Follow the procedures outlined below for children who require a sleep during the preschool day.

Safe sleep requirements for children:

- Sleep and rest equipment will be regularly checked for hazards and must comply with the Australian Standards
- Children are to sleep and rest with their face uncovered
- Educators will ensure adequate supervision of children sleeping and resting, including inspecting children at regular intervals.

Cleaning and maintaining sleep equipment:

- Designated bedding will be used for children's sleep needs
- Linen will be placed in washing bag for regular weekly washing after use
- Mattresses will be sanitised after use using Bacban spray

This procedure is consistent with the requirements of:

- Education and Care Services National Law and Regulations
- DfE Safe sleeping and resting for infants and young children procedure
- Kidsafe SA safe sleeping recommendations

The sleep and rest procedure will be reviewed on a regular basis to ensure practices are consistent and up to date with safe sleep recommendations.