



Sleep and Rest Period Policy

Indooroopilly Montessori Children's House

Date: May 2004

Dates Reviewed: March 2006, Oct 2007, Feb 2008, **May 2009**

Rationale

Sleep and rest periods during a child's day at a Childcare Centre are essential for developing bodies. Rest time should be promoted as time when our bodies can rest, rejuvenate and grow and should be adapted to meet children's individual needs for comfort and rest. Children should be encouraged to rest but not forced to sleep if they do not so wish.

Consulting parents about each child's needs for rest and sleep can encourage continuity between home and the Centre. Sleep and rest time should be positive experiences for the children and safety should be a concern especially for babies and toddlers.

Aims

We aim to ensure

- ◆ safe and hygienic sleep procedures, equipment and areas
- ◆ sleep and rest periods meet children's individual needs for comfort and rest.

Implementation

Parents will:

- ◆ provide a sheet set for their children which has a fitted bottom sheet and a loose top sheet as well as a cot pillow. These can be purchased from the Centre
- ◆ take the sleep set home at least once a week to be washed and returned to the Centre on the child's next day of attendance (with the exception of the Nido)
- ◆ provide information about their child's individual sleep and rest requirements on enrolment and update it when necessary during the child's attendance at the Centre (this may occur during daily informal discussions or via the group's daily communication book or at other times when required), and
- ◆ check the sleep register daily to see how long their child slept

Staff will:

- ◆ ensure individual needs for rest, comfort and safety are met for each child
- ◆ encourage older children to rest on their mat for approx 30 minutes (Children who are still awake may then be offered quiet activities to do e.g. books, drawing)
- ◆ ensure sleep and rest times are positive experiences by providing calming music and dimmed lights, to ease the transition to rest/sleep, spending time

- settling each infant, allowing a soft toy, pillow or blanket from home and sitting with children on their mats/beds and patting sleepers to sleep if required
- ◆ ensure sleep equipment is hygienic by disinfecting mats/beds after use
 - ◆ ensure infants are put to sleep in the same cot each time and the cots are wiped with disinfectant or soap and water at the end of each day
 - ◆ put infants to sleep, following the 'Infants Sleep Procedure' in accordance with current information from recognised health and safety authorities
 - ◆ ensure mats/beds have at least 30cm between them
 - ◆ ensure children are comfortable on their mats/beds (for example blankets in Winter, fans/air conditioner in Summer, tight restrictive clothing loosened and shoes removed considering cultural needs)
 - ◆ ensure no child is forced to sleep.
 - ◆ ensure children are supervised at all times during the rest period
 - ◆ ensure the viewing window in the nursery is clear of obstructions and infants are checked every 10 mins when sleeping and staff initial the sleep register.
 - ◆ allow children to sleep as long as they wish (in consultation with parents)
 - ◆ ensure children are comforted and attended to in a sensitive manner when they awake
 - ◆ record sleep times for individual children in the sleep register
 - ◆ store all mats/beds/cots in a safe and hygienic manner
 - ◆ send sheets home weekly for washing (except Nido), and
 - ◆ place wet/soiled sheets in plastic bags and send home,(except Nido).

The Director will:

- ◆ maintain current information and provide parents and staff with information on safe rest/sleep time procedures and equipment from recognised health and safety authorities
- ◆ evaluate annually in consultation with staff and parents the sleep/rest policy in accordance with current health and safety information, and
- ◆ ensure that all children have a mat / cot/ bed for rest/sleep times.
- ◆ Ensure all cots meet Australian Standards and the cots have no rough edges, are stable, there are no foot holes or toe holes for climbing and the cots are assembled as per manufacturer's instructions.
- ◆ Ensure cots are away from heaters; electrical appliances and dangling cords.
- ◆ Ensure the room be smoke free and should not be overheated.
- ◆ Ensure staff are trained and practice safe sleeping positions.
- ◆ Ensure that pillows, quilts, doonas, duvets, lamb skins, soft toys and bumper pads are not placed in infants cots.
- ◆ Ensure there is a quiet place available for sleeping at any time of the day

Source:

Early Years Training Group.
 Childcare Regulations 2003.
 A Practical Guide to Working with Children – Egle,C. (2006)
www.sidsandkids.org.au Safe Sleeping *retrieved May 2009*
www.standardsmark.com Children's products safety warning *retrieved May 2009*

Principle 6.5