

Para Vista Preschool Rest and Sleep Procedure

This procedure is consistent with the requirements of the:

- ***Education and Care Services National Law and Regulations***
- ***DECD Safe sleeping for infants and children Procedure July 2017***
- ***Safe infant sleeping standards policy directive (SA Health)***
- ***Red Nose***
- ***Kidsafe SA safe sleeping recommendations***

- A quiet place will be designated for rest and sleep, away from interactive groups. The space will allow for a calm play experience.
- Children are to sleep and rest with their face uncovered.
- The sleep and rest environment and equipment will be safe and regularly checked for hazards. This includes all equipment complying with the Australian Standards.
- Supervision planning and the placement of educators across our service will ensure educators are able to adequately supervise sleeping and resting children.
- Educators will closely monitor sleeping and resting children and our sleep rest environments. This involves checking/inspecting sleeping children at regular intervals, and ensuring that a staff member is within sight and hearing distance of a sleeping and resting child so that they can assess the child's breathing and the colour of their skin. Service providers will consider the risk for each individual child, and tailor sleep and rest to reflect the levels of risk identified for children at our service. Factors considered include the age of the child, medical conditions, individual needs and history of health and/or sleep issues.
- The preschool is a smoke free zone in which all areas including rest areas will be free from cigarette and tobacco smoke.

This sleep and rest procedure will be reviewed on a regular basis to ensure our practices are consistent with safe sleep recommendations. We refer to the ***DECD safe sleeping checklist for infants and young children*** as a guide for reviewing our practices to maintain the highest level of safety and well being of every child who attends our service.