
 MACQUARIE University	Sleep and Rest for Children	Work Area:	Campus Life
		Contact Officer:	Business Operations Manager, Early Learning
		Revision Number:	4
		Last Modified:	February 2022
	Policy		

PURPOSE	To ensure the safety, health and wellbeing of children attending our service and appropriate opportunities are provided to meet each child's need for sleep, rest and relaxation.
OVERVIEW	<p>The Education and Care Services National Regulations requires approved providers to ensure their services have policies and procedures in place for children's sleep and rest.</p> <p>This policy means our staff and families can be confident that children's needs for sleep and rest are met while attending the service.</p> <p>Providing opportunities for rest and sleep that meets the needs of each individual child is important for their overall health and wellbeing.</p> <p>For the purposes of this Policy:</p> <p>Rest refers to a period of inactivity, solitude, calmness, or tranquillity, and can include a child being in a state of sleep.</p> <p>Infant refers to a child between the ages of birth and 12 months.</p> <p>A Parent is someone who has legal responsibility for a child. This may be a natural parent (through birth) or a legal guardian (legally appointed) but does not include a parent who is prohibited by a court order from having contact with the child.</p>
RESPONSIBILITY/SCOPE	Campus Life Early Learning and Vacation Care centres
THE POLICY	<p>Our approach to supporting and promoting children's health and physical activity, including safe sleep and nutrition, is informed by current recognised guidelines and up-to-date information. Effective sleep and rest strategies are important factors in ensuring a child feels secure and is safe at our service.</p> <p>We follow the Red Nose safe sleeping guidelines, the recognised national authority in this area. Staff will receive ongoing information and training (where applicable) in safe sleep practices.</p> <p>All children have rights and have the expectations of choice within the day. Opportunities will be provided to meet each child's sleep, rest and relaxation needs and ensure children feel secure and safe. We will consult with parents about their child's routine for sleep and rest at home and carry this out at the service where possible and safe to do so. Where a parent's request does not align with this policy, the centre will work with the parents to find a mutually agreeable, safe alternative.</p> <p>Sleep requirements of children will be influenced by the child's individual routine as well as any signs made by the child to indicate a need to sleep/not sleep.</p> <p>The daily routine for older children in the early learning centre will allow for a designated quiet time where children may sleep or rest. An appropriate space will be made available for children who require sleep/rest outside routine times. Staff will continue to monitor and supervise children during sleep and rest times.</p>

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Children attending Vacation Care are not expected to have a designated rest time. The program will include quiet activities and spaces for individual/quiet play to allow children to self-select quiet spaces/activities as required.

The circumstance and needs of each child should be considered to determine any risk factors that may impact on the adequate supervision of sleeping children. For example, infants or children with colds, chronic lung disorders or specific health care needs might require a higher level of supervision while sleeping.


The centre has a duty of care to ensure children are provided with a high level of safety when sleeping and resting, and every reasonable precaution is taken to protect them from harm and hazard. This includes adequate lighting to enable effective supervision by staff and adequate ventilation into the sleeping/resting space.

Children who are sleeping and resting will always have staff nearby, potentially supported by a sound and/or video monitor, so that they can monitor children's safety and wellbeing. Staff will undertake frequent and regular physical checks of sleeping children.

Adequate numbers of cots and floor mattresses/stretcher beds that meet relevant Australian Standards and are appropriate for the ages and number of children will be provided. They will be cleaned as per current recommended hygiene practices and regularly checked to ensure they are well maintained.

Policy Information

Contact Officer (Role Title)	Business Operations Manager, Early Learning
Date Approved	3 May, 2022
Approval Authority (Role Title)	CEO of U@MQ Ltd. (Campus Life)
Date of Commencement	May 2022
Amendment History	April 2013; April 2015
Date for Next Review	2025
Related Documents	<u>Legislation</u> NQS Element 2.1.1 Education and Care Services National Regulation <ul style="list-style-type: none"> - Section 165 - Section 167 - Regulations 81, 103, 105, 107, 110, 115 <u>Policy and Procedure</u> Sleep and Rest for Children Procedure Interactions with Children Policy Supervision Plans <u>Other</u> ACECQA Sleep and Rest for Children policy and procedures guidelines

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	Red Nose website United Nations Convention on the Rights of the Child (1991)
Policies superseded by this	
Keywords	Sleep, rest, cots, safety, cot death, SIDS