

# WUDINNA RSL MEMORIAL KINDERGARTEN

## Procedure: REST AND SLEEP PROCEDURE

Endorsed by Educators & Governing Council May 2021

**From time to time, children may fall asleep at kindy. We have designed this procedure to ensure your child is safe when resting and sleeping at Kindy.**



- A quiet place will be used for rest and sleep, away from interactive groups (OR group will move to a different area). 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 we are always within sight and hearing distance of sleeping and resting children so that we can assess a 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.
- In the event that a child may fall asleep, Parents will be notified at the earliest possible convenience. We are respectful of family wishes in regards to sleeping and we will do our best to accommodate.

***This procedure is consistent with the requirements of the:***

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

