



# Adelaide Miethke Preschool

## Safe Sleep Procedures

Please note - This procedure covers both the **Occasional Care** and **Kindergarten** programs.

### 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

The preschool and occasional care programs are structured to enable suitable spaces and times for rest, relaxation and sleep (if required). To assist educators, children's sleeping arrangements will be based on information from families about their children's individual needs and routines. Families will be supported to understand that all educators are expected to follow the **SIDS safe sleeping guidelines** as part of this procedure.

### **Preschool**

It is anticipated that most children enrolled in the PRESCHOOL/KINDERGARTEN program will have dropped or be dropping a regular day sleep. However, opportunities for children to rest, relax and sleep (if required) will be provided each day. These opportunities may alter during the year as individual and group needs change.

Educators will:

- Inform all families of these procedures upon enrolment at the centre.
- Make this procedure available to parents in hard copy and on the centre website.
- Provide preschool children with space and opportunity to rest, relax or sleep. This is generally offered after lunch but will be reflective of individual and group needs.
- Follow the procedures outlined below for children who require a sleep during the preschool day.

### **Occasional Care**

It is anticipated that some children attending OCCASIONAL CARE may require rest or sleep during the session. Occasional Care sessions are time-tabled for the morning to maximise children's play time and reduce the need for children to sleep during service times.

Educators will:

- Inform all families of these procedures upon enrolment at the centre.
- Make this procedure available to parents in hard copy and on the centre website.
- Meet individual children's rest/sleep needs as required throughout the day and support families to maintain children's home sleep routines where possible.
- Use information provided by families and negotiate individual sleep plans where home routines do not match the SIDS safe sleep guidelines.
- Remove necklaces, loose clothing and clothing with hoods.
- Provide suitable clothing (could include commercially purchased sleep suit) for children who have had clothing removed prior to sleeping where no alternatives have been provided by the family.
- Ensure rooms where children sleep are well ventilated with a room temperature no greater than 22°C.
- Ensure that where children are sleeping an educator is close to the room at all times (within ear shot).
- Check on sleeping babies and toddlers no less than every 5-10 minutes. This should be a check close enough to assess if children are breathing normally.

AS PER SIDS SAFE SLEEPING PRACTICES, educators will

- Place young children in a cot to sleep. Prams will not be used as a space for young children to sleep. Children who fall asleep in a pram will be transferred to a porta-cot as per this procedure.
- Place children on their backs to sleep.

- Position children so that their feet are as close as practicable to the base of the cot.
- Arrange bed clothes of children under 12 months of age so that their head cannot slide under clothing or get trapped against the top of the cot. Sheets and blankets will be firmly tucked in.
- Ensure only infants of 7 months of age or older sleep with a soft toy or comforter. Comforters will not be long enough to wrap around the child's neck. Soft toys should be small.
- Remove necklaces from children before sleeping. Bracelets or anklets will be removed if they have any components that may detach and cause a choking hazard.
- Remove items of clothing that pose the potential to present a choking hazard (hoodies, tops with cords etc.)
- That cots and bedding comply with Australian Standards and SIDS recommendations. As the centre does not have a 'sleep room' porta-cots will be used in the Occasional Care services as needed.
- Sleep babies and young children without pillows.
- Discontinue wrapping children who are able to roll over independently as per SIDS safe sleep guidelines.
- Ensure infants who are able to roll over, sleep with their arms and hands free from restriction.
- Ensure that children have sufficient clothing and blankets to avoid overheating or becoming cold while sleeping.
- Ensure children's heads are left uncovered, free of blankets, hats, cords, jewellery etc.
- Ensure dummies/pacifiers used by children to sleep are examined for loose beads or decorative items that could present a choking hazard.
- Avoid using dummy chains or strings used to attach dummies to the child's clothing.
- Ensure children have their bottles before sleep times if required.
- Ensure a smoke-free environment.
- Provide clean bedding that is washed after each use.
- Ensure that porta-cot/s are sanitised after each use.

Families are asked to:

- Ensure that dummies for use at sleep time are in good condition and are free of chains or strings.
- Provide appropriate sleep clothing to avoid overheating. Sleep suits are preferable for infants under 12 months of age to reduce the need for sheets and blankets. Sleep suits should be the correct size for the babies. Clothing with hoodies is not suitable.
- Negotiate a sleep plan with educators and the Director if their child has a sleep routine that is different to this procedure. Before implementing any alternative sleep arrangements, the Director may require the plan be signed off by a medical professional.

**PLEASE NOTE:** The Director has the right to refuse approval of any alternate sleep positions/arrangements that do not meet the SIDS safe sleep guidelines and may seek further advice prior to approval/refusal.

As part of this procedure infants and young children **will not** be placed in prams, baby capsules or rockers to sleep unless in exceptional circumstances. This must be first discussed with the Director and an alternative option approved and documented. This may occur in instances where a child is unable to sleep in a cot due to distress or for medical reasons. In these circumstances, the child will be strapped in using a five-point harness and be clearly visible to staff at all times (i.e. the pram must not be covered). In these circumstances the Director may require a sleep plan to be signed off by a medical professional before implementing on-site.

#### **National Quality Standard:**

Children's Health and Safety

Element 2.1.2 – Each child's comfort is provided for and there are appropriate opportunities to meet each child's need for sleep, rest and relaxation.

Approved – Governing Council

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