



Netherby Kindergarten Safe sleep and rest procedures

The objectives of this procedure are to ensure that educators

- are aware of and comply with current evidence based safe sleep practices and safe sleep environments to reduce the risk of sudden unexpected death in infancy (SUDI)
- Comply with the Education and Care Services National Law and regulations.

Whilst sleep periods are not part of the routines at Netherby Kindergarten, occasionally a child may fall asleep during the day, due to tiredness or illness. When an instance occurs of a child falling asleep, the following will be adhered to.

Providing a safe sleep environment at Kindergarten

- A portable stretcher bed will be made available to the child to sleep on
- Portable stretcher bed to be kept clean, sheet and blanket to be provided. A pillow may be provided if the child requests one
- Portable stretcher to be placed in easy accessible area such as the store room
- Portable stretcher to be placed on the floor, free from hazards) e.g. soft toys and small objects that a young child could roll onto and pose a suffocation risk)
- Stretcher must be positioned away from the walls or furniture as young children may become trapped between a mattress and wall furniture
- sleeping children to always be in sight of educators, so breathing can be monitored

Length of sleep for children at kindergarten

- If a child falls asleep due to tiredness they will be allowed to sleep for 30 – 60 minutes and then woken.
- If a child falls asleep due to illness, they will be allowed to remain asleep until a parent/ carer arrives to collect them
- Parents are to be contacted if a child falls asleep

Children may require periods of rest at preschool, especially on a full day. To cater for the need of all children and their right to have some resting time, the following routines and procedures are adhered to.

Providing opportunities for rest at preschool

- Rest and relaxation occurs in our group time room after afternoon tea, children are supervised by an educator, where a variety of rest and relaxation techniques are used. Relaxation consist of stories being read to them, yoga, meditation, stretching, breathing techniques and audio books.
- The children are informed that relaxation time is a quiet time for resting their bodies and minds.
- The reading corner and small cubbies also provide opportunities for children to rest or have quiet time throughout the day. Educators providing a variety of soft toys and books for the children to read, cushions, blankets and sensory toys.

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