

# Only Early Learning Centre



## Safe Sleeping Policy

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## Aim

Only Education recognises that providing a safe sleeping environment is essential to the health and safety of all children. The aim of this policy is to ensure that the needs for sleep and rest of children being educated and cared for are met, having regard to the ages, developmental stages and individual needs of each child. We believe that sleep, rest and relaxation are an integral part of a child's growth and development, therefore we encourage all children to have at least a short period of rest. Each rooms routine provides time during the day for rest, sleep, relaxation and quiet activities.

## Who is affected by this policy

Children  
Educators  
Staff  
Management  
Visitors  
Families

## Overview

Research has found that Sudden Infant Death Syndrome is the most common cause of death in infants up to one year of age. This policy is based around the SIDS recommendations taken directly from the Red Nose Day website.

### Safety Regulations for children in the Nursery 0-1 Years Room

Infants in the Nursery Room are to be checked **every 5 minutes** when sleeping. Where possible, an educator will remain in the cot room for the duration of the sleep.

When there are infants in the cot rooms asleep, there is to be at least one educator in the classroom at all times. **Under no circumstance are there to be no educators inside the classroom whilst a infant is asleep.**

All employees working with the children in the Nursery Room will adhere to these strict regulations during sleep and rest times:

When putting infants to sleep:

- Always place all infants on their back to sleep. Once an infant has been observed to repeatedly roll from bank to front and back again on their own, they can be left to find their own preferred sleep or rest position. Infants younger than 5-6 months, and who have no been observed to repeatedly from back to front and back again on their own, will be positioned on their back when they roll onto their front or side.
- If a medical condition exists that prevents a baby from being placed on their back, the alternative practice must be confirmed in writing by the child's medical practitioner.
- No blankets, top sheets or pillows are to be in infants' cots at any time

- All sheets are to be tucked wholly and fitting under the cot mattress
- All dummy chains are to be removed when putting a child to sleep
- Bed clothing is to be appropriate to suit the temperature. All excess clothing is to be removed and no loose hoodies, dresses or any other loose-fitting clothing is to be worn and needs to be removed before putting the child in the cot
- Ensure that all Amber Necklaces and Ankle Bracelets are removed
- Children are not to be placed in a cot with a bottle
- Baby monitors are to be used at all times when an infant is asleep in the cot rooms

Infants are never to be placed to sleep in/on:

- Cushions
- Pillows
- Chairs
- Bouncers
- Prams

When checking infants who are asleep:

1. Ensure that all infants' faces are uncovered at each cot check throughout their entire sleep
2. If a child's dummy has fallen out whilst asleep, it is to be immediately removed from the cot
3. When an educator is checking on infants who are asleep they will use one or a range of the following methods:
  - a. Check to see the rise and fall of each infants's chest twice
  - b. Check the colour of the child
  - c. Physically feel the infant's chest
4. Each time an infant is checked, this check must be recorded on the cot check form located near the sleep room

### **Wrapping and Swaddling Babies**

Tummy sleeping increases the risk of SIDS and is not to be used at any time. Wrapping an infant in the tummy position is even more dangerous as it prevents infants moving to a position of safety. The following safety guidelines will be followed when wrapping an infant during sleep and rest time:

- Infants will be positioned on their back with their feet at the bottom of the cot
- Infants will be wrapped from below the neck to avoid covering the face
- Only lightweight wraps such as cotton or muslin wraps will be used. Bunny rugs and blankets are not safe alternatives and may cause overheating
- Wraps must be firm, to prevent loose wrapping. The wraps will not be too tight, as they must allow for hip and chest wall movement
- Infants will not be overdressed underneath the wrap
- As soon as an infant shows signs of beginning to roll, wrapping must be discontinued

When not to wrap a baby:

It is essential to discontinue wrapping as soon as infants show signs that they can begin to roll, usually between 4-6 months of age but sometimes younger or if specifically requested by family

### How to Safely Wrap or Swaddle an Infant

1. Place the infant off centre with top of wrap level with the shoulders



2. Fold the infant's arm across the chest and bring the shorter side of the wrap across the infant's arm, tuck this firmly underneath the infant



3. Bring the larger side of the wrap across and tuck underneath the infant



4. Bring the bottom of the wrap on top of the infant



5. Fold the bottom of the wrap underneath the infant



### **Sleeping Bags**

Families are responsible for supplying a Safe Sleeping Bag if their child requires one during sleep and rest time. A Sleeping Bag is considered safe if:

- It has fitted neck holes
- It has fitted arm holes
- It has no hood
- It is the correct size for the infant

When using a sleeping bag, educators will ensure that the infant is dressed according to the room temperature.

### **Safe Cot Requirements**

All cots used at Only Early Learning Centre meet the current mandatory Australian Standard for Cots (AS/NZS 2172) and will carry a label to indicate this. Bassinets, hammocks and prams do not carry safety codes for sleep and therefore will not be used for sleeping infants at the service.

### **Safe Mattress Requirements**

All cot mattresses will be kept in good condition and checked regularly. They will be kept clean, firm and flat and fit the cot base with no more than a 20mm gap between the mattress sides and ends. Mattresses will not be elevated or tilted.

### **Pillows**

Pillows are not necessary for infants and increase the risk of Sudden Infant Death in infancy. Red Nose recommends delaying offering a pillow until a baby is over two years of age and is no longer sleeping in a cot. Only Early Learning Centre does not allow pillows to be placed in a cot with an infant at any time.

### **Soft Toys and Comforters**

Infants under 7 months of age will not have comforters or soft toys placed in their cots at any time as they can pose a risk to the children breathing. The risk posed by suffocation by the presence of soft objects in an infant sleeping environment, outweighs any benefits to the infant from a soft toy or comforter.

Children over 7 months old, can have comforters to help them to fall asleep. Although they must be highly supervised until they fall asleep, and then the comforter must be removed.

### **Safety Regulations for children in the Discoverers 1-2 Years Room**

When there are children asleep on beds in the Discoverers sleep room, there is to be an educator in the room with them for the duration of the sleep. Children are only to be left alone in the sleep room if they are in a cot. Children in cots are to be checked **every five minutes**.

Children sleeping on a bed:

- Children over the age of 12 months and who are sleeping on a bed, can keep their sleep comforter with them for the duration of their rest
- Children will be placed on their back to rest, unless otherwise directed in writing by a child's pediatrician
- If a child turns over during their sleep, they will be left to find their own sleeping position
- At no time will a child's face be covered with bed linen
- All children are to remain in a cot until they are actively mobile. Children will be moved to a bed when the educators deem this to be suitable in communication with the families

## **Family and Cultural Sleeping Requests and Preferences**


At Only Education we acknowledge the individual needs of families and their children regarding rest, sleep and relaxation. We seek to work together to effectively cater for each family's preferences, however ultimately, we will always act in the best interest of the child's emotional and physical needs. Families are encouraged to advise the service of any individual requirements, beliefs, cultural requirements or otherwise associated with sleep and rest.

However, if a family's belief and requests are in conflict with current recommended evidence-based guidelines and the centre policies and procedures, the Centre Director or Nominated Supervisor will determine if there are exceptional circumstances that allow for the alternate practice. Families will always be required to provide a letter from a pediatrician outlining the alternative practice, prior to it being implemented at the centre.

## **Rest Time Approaches**

Only Education educators will endeavor to ensure sleep and rest routines are positive experiences. This is achieved by encouraging children to bring a favorite toy or other comforters, as well as the use of soft music. Educator interactions will also facilitate a positive atmosphere. Educators will provide feedback about each child's sleep patterns via the sleep charts and verbally as required.

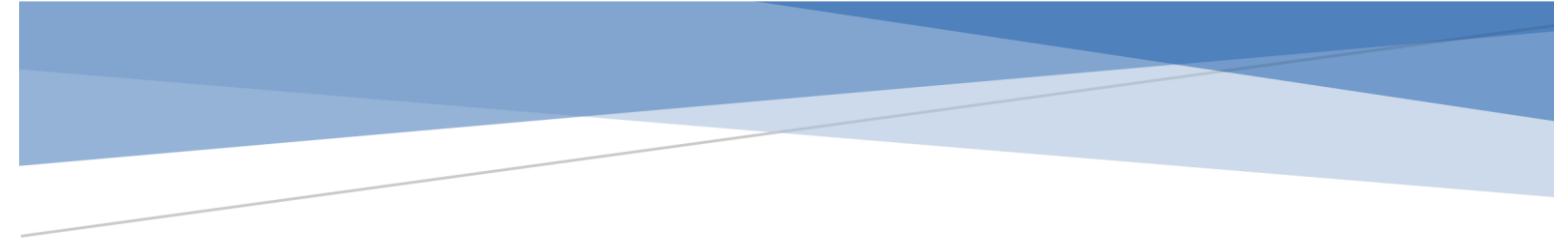
Families are to be aware that although we will strive to ensure the consistency of routines between the home and Education and Care environment, Educators will not, at any time, force a child to sleep nor will they deprive a child from sleeping. If a child is clearly showing signs of the need for rest, this will be offered to them to ensure their basic needs continue to be met. A sleeping child who shows obvious signs of still requiring sleep, will not be woken.



Children who do not wish to sleep will be provided with alternative quiet activities and experiences, while children who do wish to sleep are allowed to do so, without being disrupted. At any time throughout the day if a child requests a rest, or if they are showing clear signs of tiredness, regardless of the time of day, they will be supplied a comfortable, safe area to rest in.

Sleep and rest practices will not be used as a behaviour guidance strategy at any time. All sleep and rest time approaches will be implemented in a way as to minimise any distress or discomfort.





**The Approved Provider/Nominated Supervisor will ensure that this policy is maintained and implemented at all times.**

**Sources**

**Education and Care Services National Regulation 2011**

81 Sleep and rest

**Education and Care Services National Law Act 2010**

167 Offence relating to protection of children from harm and hazards

**National Quality Standards 2018**

2.1.1 Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.

**Red Nose Day - <https://rednoseday.com.au/> Retrieved May 2019**

**Kidsafe [www.kidsafensw.org](http://www.kidsafensw.org) Retrieved May 2019**

**Staying Healthy in Childcare Received May 2019**

**Review**

The policy will be reviewed annually. Review will be conducted by management, employees, parents and any interested parties.

**Reviewed:** May 2019      **By:** Alex Jury

**Approved By:** Kelly Williams      **Date for next review:** May 2020