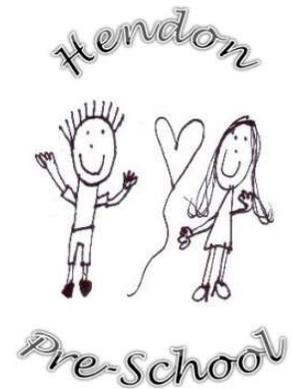


Hendon Pre-School

Cedar Ave, Royal Park 5014



Rest and Sleep Policy

At Hendon Pre-school we understand that effective sleep and rest routines are essential in ensuring the development, growth, social and emotional well-being of each child in our care. Some sleeping arrangements are not safe for a baby and can increase the risk of Sudden Unexpected Death in Infancy. Hendon Pre-school models safe sleeping practices and provides information and displays for families.

At Hendon Pre-school:

We will;

- Provide a quiet area for children to rest if they need time to, sit or lay down.
- Structure physical and quiet times throughout the day
- Provide areas both inside and out where children can rest
- Where a sleep is required a bed with clean sheets is provided
- If children fall to sleep during that time we supervise them and ensure they are comfortable and safe at all times.
- If the child is extremely tired and it is interrupting their behaviour and learning, we will contact the parents to discuss and determine whether the child needs to be collected for a larger sleep at home.
- If the child appears to be sick, we will supervise them and contact the parents immediately to inform them, discuss and arrange collection. (we refer to the Policy book—Staying Healthy in Child Care
- We will work closely with other agencies such as health professional on the best way to support children with rest and sleep.
- Ensure that children are not overdressed or overheated during sleep
- We will inform parents if their child has needed an extended rest, or they have fallen to sleep. Children who are unwell will be given the highest supervision priority and monitored constantly and the parents will be contacted

Safe resting practices (in line with SIDS and Kids Infant Safe sleeping Child care kit)

- Occasional Care Children and Kindy children will be placed on their back to rest.
- If they turn over during their sleep, supervising staff will allow them to find their own sleeping position, but will maintain close supervision.
- A Blanket or toy can be offered as a comforter from 7 months of age.
- Educators will ensure no part of the child's head is covered
- Fitted bottom and top sheet will be use on bed and washed after each use
- Educators will ensure that heavy jackets or excess clothing is removed to prevent overheating
- Safe sleeping information will be displayed and available for families
- We are a Breast feeding friendly pre-school