



Melrose Rural Care Safe Sleeping Policy

From our philosophy: “We aim to provide high quality care and education through a partnership between parents, children, community, staff and the Department of Education and Children’s Services.”

With the belief that:

- ❖ Children develop individually through stages, in their own learning style varying through cultural and family values and perception of these may vary.
- ❖ Healthy self esteem is the basis of positive physical, intellectual and social growth.
- ❖ We believe children need to express themselves in a safe environment.
- ❖ Children learn most effectively through hands on experience, through play.
- ❖ We value involvement of families and community and we encourage open communication.
- ❖ Our planning and evaluation is inclusive to children with additional needs.
- ❖ Our aims of planning and daily activities reflect our philosophy and are made available to families.

POLICY STATEMENT

Staff will consult with families at all times in regard to their child’s sleeping/rest patterns and will develop procedures to ensure each child’s individual needs are met. Sleep procedures and sleep equipment will take into account current health and safety advice from recognised health and safety authorities. There will be a comfortable place provided for children at all times.

Procedure

- Staff will provide an opportunity for children to sleep / rest within the Centre’s routine.
- Primary caregivers will encourage children to sleep in order to meet their individual developmental needs.
- Children will not be forced to sleep at any time. Quiet activities will be made available for children to experience whilst other children sleep.
- Sleep / rest times will be regarded as a positive, pleasant experience within the Centre and staff will make every effort to provide a relaxing and comfortable sleep environment for all children. Staff will ensure children are dressed appropriately and supervised appropriately including regularly monitoring sleeping children.
- Comforters and / or security toys may be brought in for sleep / rest periods, however such items must not impact on the safety of children whilst sleeping and will be removed once the child is asleep.
- Centre staff, at all times, will ensure their knowledge and understanding of recommendations from SIDS and Kids is current and applicable. Where possible staff will implement recommendations from SIDS AND KIDS within the Centre’s sleep / rest routines. Other factors such as age of the child, cultural needs and requests from parents will also be considered when tailoring individual sleeping patterns.

Recommended by SIDS AND KIDS

- Recommended sleeping position for infants.
 - Laying on back.
 - Sleep baby with face uncovered.
 - Place baby with feet at the bottom of the cot.

- Recommended Equipment.
 - Ensure equipment meets Australian Standards.
 - No loose bed linen.
 - Ensure no pillows, doonas and cot bumpers are in the cot.

- Other considerations
 - Room is free from smoke.
 - Ensure no dangling cords or strings.
 - Cot is placed away from heaters or electrical appliances.

- Sleeping equipment at the Centre will adhere to Australian Standards and current Health and Safety advice from recognised authorities. A checklist containing recommendations from SIDS AND KIDS will be completed in line with Occupational Safety and Health Policy.

- The Centre will provide information for parents on current safe sleeping practices.

References

Sids and Kids - Safe Sleeping Resource www.sidsandkids.org/safesleep/faq.htm

www.sidsaustralia.org.au/rtr/professional.htm

QIAS Quality Practices Guide – principle 6.5

Ministerial Council on Consumer Affairs – Keeping Baby Safe - www.consumer.gov.au

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Director
Rural Care

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