# Local Safe Sleep and Rest Procedure at Napperby Preschool

**National Quality Standard 2.1.2**
**Regulation 168 (2) (a) (v)**

Napperby Preschool supports children with specific individual needs relating to their health, medical and/or physical capacity. Where a child is identified as needing a sleep during preschool hours an Individual Sleep and Rest plan will be developed in conjunction with parents and medical practitioners. To ensure safe sleeping practices are provide whilst supporting the inclusion of all children. The individual Sleep and Rest Plan will be included in the child's Health Support Agreement (HSP120) and the Safety and Risk Management Plan (HSP121).

**Procedures for educators to ensure safe rest and/or sleep.**

- All sleeping and resting children will be actively supervised.
- Educators will assess area and identify and remove any hazards.
- Educators will ensure that children have their faces uncovered and their breathing, skin colour and temperature checked every 10 minutes or as directed through the Health Support Agreement.
- Only equipment identified through a child's Individual Sleep and Rest Plan will be used.

**Unexpected Sleep**

If a child falls asleep who would not usually fall asleep staff will:
*Ask other children to not disturb the child and play in a different area.
*Educators will ensure the child's face in uncovered and check breathing, skin colour and temperature every 10 minutes.
*Contact parent and ask for direction – allow to continue to sleep, woken up or collected.
*If the child sleeps for longer than 30 minutes educators will contact the parents to collect their child and discuss safe waking techniques. A Sleep Register will be completed, and the parent/caregiver will be asked to initial the entries on collection.

**Rest times**

Rest time is part of the daily routine, specifically after lunch where children rest (laying down) listening to music or a story. This may be followed by Yoga stretches. The preschool also provides areas for children to rest and/or engage in quiet activities through the preschool day in both the indoor and outdoor environments.

**Sources**

Department for Education Safe Sleeping for Infants and Children Procedure
Red Nose Safe Sleep Practices
Kidsafe SA Safe Sleep Practices

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