

Sleep and Rest Policy



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Warning - Ensure you are using the latest version of this policy.			
DCC Network/All Organisation Information/DCC Policies/Quality Area 2 – Children’s Health and Safety			

1. Policy Statement

River Region Early Education has a commitment to ensuring the safety, health, and wellbeing of children attending our services and that appropriate and safe opportunities are provided to meet each child’s need for sleep, rest, and relaxation.

2. Rationale

This policy provides employees and families with the information they need to support children’s needs for safe and appropriate sleep and rest. The Education and Care Services National Regulations require approved providers to ensure their services have policies and procedures in place for children’s sleep and rest, that a risk assessment is conducted at least annually, and that bassinets are not on the education and care premises at any time during which children are being educated and cared for. Research shows that poor sleep procedures and inadequate supervision are risk factors, which can result in or contribute to serious harm to young children. We recognise the need to carefully consider, monitor, review, and address risks related to safe sleep and rest, to consult with national authorities, such as Red Nose Australia, and to encourage feedback from families to ensure child safety and wellbeing is a priority.

3. Scope

This policy applies to all employees working directly with children, including part-time, full-time, and casual employees, volunteers, students, and trainees.

4. Responsibilities

It is the responsibility of the Board as Approved Provider to:

- take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, developmental stages, and individual needs of the children,
- ensure sleep and rest policies and procedures address regulatory requirements,
- ensure that a sleep and rest risk assessment is conducted in accordance with regulation at least once every 12 months and as soon as practicable after becoming aware of any circumstance that may affect the safety, health, or wellbeing of children during sleep and rest, and a record of the risk assessment is kept,
- ensure that no bassinet is on the education and care service premises at any time during which children are being educated and cared for by the service,
- ensure the premises, furniture and equipment are safe, clean and in good repair, including ensuring all equipment used meets any relevant Australian Standards and other product safety standards, such as Australian Competition and Consumer Commission (ACCC) guidelines,

Sleep and Rest Policy

- ensure that the service has in place policies and procedures in relation to health and safety, including matters relating to sleep and rest for children,
- take reasonable steps to ensure that nominated supervisors and staff members of, and volunteers at, the service follow the policies and procedures required under regulation,
- ensure that copies of the current policies and procedures required under regulation are readily accessible to nominated supervisors, educators, and volunteers, and are readily available for inspection at the education and care service premises at all times that the service is educating and caring for children or otherwise on request, and
- ensure that parents of children enrolled at the service are notified at least 14 days before making any change to a policy or procedure referred to in regulation that may have a significant impact on the provision of education and care or a family's ability to use the service, or as soon as practicable if the notice period would pose a risk to the safety, health, or wellbeing of any child enrolled in the service.

It is the responsibility of the General Manager to:

- carry out or delegate the responsibilities of the Board as described above,
- ensure that cots, beds, bedding and bedding equipment being used for sleep and rest are safe and appropriate for the ages and developmental stages of children who will use them,
- ensure that each child has access to sufficient furniture, materials, and developmentally appropriate equipment suitable for the education and care of that child,
- ensure that the indoor spaces used by children are well ventilated, have adequate natural light, and are maintained at a temperature that ensures the safety and wellbeing of children,
- ensure sleep and rest environments are free from cigarette or tobacco smoke,
- ensure that premises are designed to facilitate supervision, and
- ensure children are supervised during periods of sleep and rest.

It is the responsibility of Nominated Supervisors to:

- take reasonable steps to ensure that the needs for sleep and rest of children being educated and cared for by the service are met, having regard to the ages, developmental stages, and individual needs of the children,
- conduct a sleep and rest risk assessment in accordance with regulation and as outlined in this policy at least once every 12 months and as soon as practicable after becoming aware of any circumstance that may affect the safety, health, or wellbeing of children during sleep and rest,
- ensure a record of the risk assessment is kept, providing evidence of compliance,
- ensure that sleep and rest areas are maintained to facilitate supervision of children at all times, including having adequate lighting,
- ensure that sleep and rest areas have adequate ventilation, are arranged to minimise the spread of infectious diseases, and are maintained at a temperature that facilitates rest,
- ensure that cots, beds, sleep mats, bedding and other furniture and materials used during sleep and rest are sufficient, developmentally appropriate, safe, clean, and in good repair,
- ensure that educators understand their individual and collective responsibility in physically and visually checking children sleeping and resting at least every ten minutes, including what to check and how to record checks,
- ensure that educators are supported to complete safe sleep training every 12 months and understand how to implement and maintain safe sleep practices,

Sleep and Rest Policy

- ensure a sleep and rest area audit is completed every three months and any concerns addressed,
- support families in their understanding and implementation of safe sleep practices and provide families with children aged 0-6 months with safe sleep information on enrolment, and
- consult with families where their beliefs or cultural practices do not align with safe sleep practices and complete an individual risk assessment where required.

It is the responsibility of Nominated Supervisors and Responsible Persons to ensure that:

- a daily safety check is completed that includes sleep and rest areas,
- soiled bedding, bed linen, and clothing used during sleep and rest is stored and laundered safely,
- cots, sleep mats, bedding and other furniture and materials used during sleep and rest are cleaned before use by another child, and
- educators conduct and record a physical and visual check of children sleeping and resting at least every ten minutes.

It is the responsibility of Work Health and Safety Representatives working directly with children to:

- ensure a sleep and rest area audit is conducted every three months and any concerns identified are addressed.

It is the responsibility of educators to:

- have a good understanding of this policy and procedures and embed strategies that support safe sleep into everyday practice,
- identify and suggest any potential improvements to procedures and practice,
- identify and remove potential hazards from sleep environments,
- ensure that bassinets are not on the education and care service premises at any time during which children are being educated and cared for by the service,
- document children's sleep and rest needs and provide information to families about their child's sleep and rest patterns,
- consult with families to gather information about individual children's needs and preferences,
- model and promote safe sleep practices and make information available to families,
- maintain supervision of sleeping and resting children including regular recorded physical checks that include visual inspection of the child's breathing, airways, sleeping position, and skin and lip colour,
- ensure sleeping spaces have adequate light to allow supervision,
- ensure children's clothing is appropriate during sleep times and does not have any items that are loose and could get tangled and restrict breathing (including but not limited to bibs and jewellery), and
- report issues with day-to-day sleep practice, environment and equipment to the Nominated Supervisor or Responsible Person.

5. Definitions

Babies and infants – In order to have clarity around the application of safe sleep practices, this policy defines 'baby' and 'infant' slightly differently. Children are at the highest risk of SUDI and SIDS between the ages of 0 and 6 months and so we use the term 'baby' to refer to children aged 0-6 months. We use the more general term 'infant' to refer to children aged 0-12 months.

Sleep and Rest Policy

Comfort object – An object that provides comfort to an infant or child to help them feel calm and secure. They can be snuggled at sleep and rest time and can soothe the child through the day. They are also known as transitional objects and can help children gain independence and reduce anxiety later in life. Most often a blanket or soft toy, they can be any object, including a piece of clothing or a toy car or doll.

Increased risk of SUDI – There are some key factors that can increase an infant's risk of sudden unexpected death, including being aged 0-6 months, being born before 37 weeks gestation, being exposed to smoking, not being breast fed, having a medical condition that affects breathing, or any cultural requirements that don't align with safe sleep guidelines, such as wearing jewellery or head coverings. A child's developmental stage can also maintain a higher risk when they are older than 6 months, for example a child with a tendency to put objects in their mouth or over their head.

Rest – A period of inactivity, solitude, calmness, or tranquillity, and can include a child being in a state of sleep.

Relaxation - Relaxation or other activity for bringing about a feeling of calm in your body and mind.

Sudden and Unexpected Death in Infancy (SUDI) - A broad term used to describe the sudden and unexpected death of a baby for which the cause is not immediately obvious. SUDI includes deaths from SIDS as well as death from other unexpected causes such as drowning.

Sudden Infant Death Syndrome (SIDS) - The sudden and unexpected death of an infant under one year of age with an onset of a fatal episode occurring during sleep, that remains unexplained after a thorough investigation, including performance of a complete autopsy and review of the circumstances of death and the clinical history.

6. Guidelines

a) Risk Assessment

A risk assessment is to be conducted by each service at least annually using *NQS2.15A Sleep and Rest Risk Assessment* template and including consideration of:

- the number, ages and developmental stages of children being educated and cared for,
- the sleep and rest needs of children being educated and cared for (including health care needs, cultural preferences, sleep and rest needs of individual children and requests from families about a child's sleep and rest),
- the suitability of staffing arrangements to adequately supervise and monitor children during sleep and rest periods,
- the level of knowledge and training of staff supervising children during sleep and rest periods,
- the location of sleep and rest areas, including the arrangement of cots and beds within the sleep and rest areas,
- the safety and suitability of any cots, beds and bedding equipment, having regard to the ages and developmental stages of the children who will use them,
- any potential hazards in sleep and rest areas or on a child during sleep and rest periods, and
- the physical safety and suitability of sleep and rest environments (including temperature, lighting, and ventilation).

This policy and procedures are to be updated if risk assessments identify any circumstance that may affect the safety, health, or wellbeing of children during sleep and rest and where a change to policy, procedure or practice is required or advisable.

Sleep and Rest Policy

Risk assessments related to sleep and rest are to be securely kept for at least three years after the record was made.

b) Physical environment

The suitability of sleep and rest areas is informed by Red Nose Australia guidelines and is assessed every three months through the completion of the *NQS2.15B Sleep and Rest Area Audit*.

- The sleep area is within sight and hearing of an educator at all times,
- Cots and beds are spaced so educators can move freely between them,
- Cots and beds are positioned 'head to feet' to minimise infection,
- Sleeping mats on the floor are positioned away from walls, so a child cannot become trapped, and the area around kept clear of items that might pose a choking or smothering hazard, such as soft toys, bean bags, quilts, or plastic bags,
- Heating/cooling keeps the sleep area at an appropriate temperature,
- There is adequate ventilation from windows, doors, fans, or air purifiers,
- Lighting is sufficient to see child's skin and lip colour and breathing,
- Light switches are visible and easily located,
- Sleep area is not used for storage,
- Cots, beds, and mats provided are sufficient and suitable for children, and
- The doors are in good condition and working order.

Hazards are managed on a day-to-day basis by completion of a *Daily Safety Checklist* for each room and assessed every three months through the completion of the *NQS2.15B Sleep and Rest Area Audit*. Hazards are actioned immediately on identification.

- All curtains, blinds and cords are managed and inaccessible to children,
- All electrical cords and power boards are inaccessible to children,
- All unused power outlets have safety plugs in them,
- For infants aged 0 – 12 months or older children if they have an increased risk of SUDI:
 - There are no cot bumpers, pillows, or quilts in cots,
 - Light bedding is tucked firmly under mattress or fitted sleeping bags are used,
 - No child is unsupervised in a sleep space with an item that may increase the risk of choking, asphyxiation, respiratory distress, or SIDS, such as, but not limited to, a dummy chain, bottle, hot water bottle, or soft toy.
 - No child wears clothing that may increase the risk of choking, asphyxiation, respiratory distress, or SIDS, such as, but not limited to, bibs, hoodies, clothing with cords, hats, head coverings, teething bracelet, or necklaces.

c) Furniture and materials

Furniture and materials used for sleep and rest are to meet Red Nose Australia recommendations and are assessed every three months through the completion of the *NQS2.15B Sleep and Rest Area Audit*.

- Cots meet Australian Standard AS/NZS 2172:2003 and carry a label to say so,
- Cot mattresses meet Australian Voluntary Standard AS/NZS 8811.1-2013 and are firm, fit snugly (within 20mm of sides and ends) into the cot, and are flat (not tilted or elevated),
- Portable cots are used only by the Mobile service, for children under 15 kilograms and meet Australian Standards with documentation on hand to evidence this, are in good condition, are correctly assembled, have working locking devices, and are used in line with guidelines and manufacturer's instructions,

Sleep and Rest Policy

- Beds and bedding equipment meet the Australian Standards and ACCC recommendations,
- Bassinets are not on education and care premises at any time that children are in attendance,
- Bumpers, infant positioners, inclined sleepers, pillows, toys, hot water bottles, heated packs, electric blankets, and other hazards are not in the sleep space for infants in line with best practice age recommendations,
- Each child has sleeping furniture and materials (cot and mattress, stretcher bed, or mat) appropriate for their age and stage of development and bedding (sheet, pillowcase, sleeping bag, or blanket) that is clean, in good repair and safe.

The appropriate sleeping furniture for each child is based on their age and stages of development, which might include height and weight, and other factors such as if the child might roll, climb out of a cot, fall from a high sleep surface, become trapped between a sleep surface and wall, become trapped face down in bedding, are over the recommended weight limit for sleeping surfaces, or if the child's breathing might become impeded from weighted sleep products.

General guidelines are as follows and are adapted to suit the individual needs of the child:

- Children aged from birth to 18-24 months sleep and rest in cots.
- Children weighing up to 15kg and unable to climb out sleep and rest in portable cots in our Mobile service.
- Children aged from 18 months to 3 years sleep and rest on mats or stretcher beds.
- Preschool-aged children from 3 to 5 years sleep and rest on mats or cushions.

Hygiene and infection control is guided by *NQS2.1 Hygiene and Infection Control Policy*. To minimise the risk of cross-infection during sleeping and/or the outbreak of an infectious disease in the service:

- Beds, cots, and mattresses/protective covers are wiped with warm water and neutral detergent or disinfectant after each use.
- Bedding, including sheets and pillowcases, is washed daily, where it is to be used by more than one child, or weekly where it is used by only one child.
- Children attending Mobile services provide their own bedding.

d) Safe sleep practices

We follow and advocate for the safe sleep practices for babies outlined by Red Nose Australia:

- 1) Always place a baby on their back to sleep.
 - a) We place children of all ages on their back when placing them for sleep or rest.
 - b) Where the child turns over during sleep, we allow them to find their own sleeping position but regularly check for hazards.
 - c) We place infants so their feet are at the bottom of the cot.
- 2) Keep a baby's face and head uncovered.
 - a) Clothing that might cover the head is removed before an infant is placed for sleep or rest.
 - b) Soft items that may cover the head or create a risk of choking or asphyxiation are removed from the infant or the sleeping area.
- 3) Keep a baby smoke free before and after birth.
 - a) Our services are a smoke-free environment, as outlined in *NQS4.36 Tobacco, Drug and Alcohol Policy*.
- 4) Provide a safe sleeping environment, night, and day.
 - a) Cots meet Australian Standards AS/NZS 2172:2003

Sleep and Rest Policy

- b) Mattresses are firm, flat, the right size for the cot and meet voluntary Australian Standard AS/NZS 8811.1:2013.
 - c) Lightweight bedding is used, firmly tucked in, and only pulled up to the chest.
 - d) For infants, safe sleeping bags are used and are well fitted across the neck and chest, with the child's arms out, and no hood.
 - e) Babies are not wrapped or swaddled after 3 months of age.
- 5) Sleep baby in their own safe sleep space in the parent's room for the first 6 months.
- a) We share information with parents and carers to help them understand that the safest place for babies to sleep is in their own safe space, in the same room as their parents or adult caregiver for the first 6 months.
- 6) Breastfeed baby.
- a) We encourage parents who are breastfeeding to visit the service while their child is being educated and cared for and provide a comfortable space for feeding.
 - b) We share information with parents to support breastfeeding and how it has been shown to reduce the risk of sudden infant death.

e) Individual needs and family involvement

Families are asked to provide information about their child's sleep routines and needs, which then contributes to individual needs and mitigation strategies identified in Sleep and Rest Risk Assessments. Information is collected:

- On enrolment through the completion of the Child Profile section of *NQS6.40 A4 Enrolment Form*,
- Before the start of each subsequent year through the completion of the Child Profile in *NQS6.40 A5 Enrolment Update Form*,
- For children with a long-term health condition or disability, a diagnosed or undiagnosed developmental delay, experience of trauma, time spent in Out of Home Care, or cultural and/or linguistic diversity, on completion of *NQS5.38 A1 Inclusion and Support Form* on enrolment or as needed, and
- During daily conversations with families on drop off and collection of children.

Families are encouraged to:

- Regularly update the service on their child's sleeping routines and patterns and changes to their individual needs,
- Provide specified bedding if required,
- Bring in comfort objects for their child that may help them sleep or rest (the item will be gently removed once the child is asleep if it is a potential hazard and for all infants aged 0-12 months, unless they are being supervised by an educator), and
- Dress their child or provide clothing suitable for sleep and rest (clothing without hoods, cords or ties near the head, no jewellery etc).

Families are kept up to date with information about safe sleep practices:

- Through electronic communication with the distribution of safe sleep resources from Red Nose Australia and other sources,
- Through displays of resources in service entryways and foyers, such as *NQS2.15 Red Nose Australia Safe Sleep Advice Line Poster*, and
- During daily conversations with families on drop off and collection of children.

Sleep and Rest Policy

We recommend the following websites for reliable information on safe sleeping and settling:

Red Nose Australia
Advice Hub - https://rednose.org.au/section/education A range of resources available for parents, carers, and health professions to help reduce the risk of sudden and unexpected death during pregnancy, infancy and childhood. Safe Sleep Advice Hub - https://rednose.org.au/section/safe-sleeping The latest evidence-based advice from Red Nose on how to keep your baby safe and reduce the risk of sudden infant death. Red Nose Safe Sleep Advice Line - 1300 998 698 or education@rednose.org.au
ACCC Product Safety – Your First Steps
https://www.babyproductsafety.gov.au/ Latest information about cots, portable cots, bassinets, car seats, prams and strollers, baby slings and carriers, dummies, dummy chains, bouncers, rockers and swings, baby toys, change tables, baby bath aids, and other resources.
Tresillian – Early Parenting Service
Advice and Tips for your Baby - https://www.tresillian.org.au/advice-tips/ Information, resources, and videos on sleep practices and routines, settling, breast- and bottle-feeding, nutrition, crying, and more. Tresillian Parent Helpline – 1300 272 736 or https://www.tresillian.org.au/services/parents-help-line/ Available 7am-11pm every day. Nurses can help with advice around baby's sleep, feeding and development, providing information tailored to individual needs and circumstances. Self-Referral to Tresillian Virtual, Day and Residential Services - https://www.tresillian.org.au/services/self-referral-to-tresillian/ New parents can refer themselves to a virtual parenting service, day services (Albury, Wagga Wagga, Griffith) or residential service (Sydney) for coordinated support around sleeping, feeding, routines, parent self-care, twins and triplets, and toddler behaviour. Virtual and day services are free.

Where a family or child has individual health, cultural, physical, or other needs that may not align with safe sleep practices.

- The Nominated Supervisor, Responsible Person or educator can refer to *NQS2.15 Red Nose Australia Safe Sleep Conversations Guide* to manage discussions with families around individual requests for changes to safe sleep practices.
- The Nominated Supervisor will consult with the family to identify risks and alternate strategies where possible, including completing an individual risk assessment for the child.
- Priority will be given to evidence-based best practice, as defined by Red Nose Australia, and any deviation from these principles may only be agreed to with written support from a registered medical practitioner.

f) Supervision and monitoring

Research shows that inadequate supervision is a risk factor, which can result in or contribute to serious harm to young children. In addition to the mitigation strategies outlined above, we follow

Sleep and Rest Policy

Red Nose Australia guidelines to ensure children of all ages are adequately supervised whilst sleeping and resting.

- An educator is always within sight or sound of a sleep and rest area whilst children are resting or sleeping.
- In accordance with *NQS2.24 Child Safe Supervision Policy*, each service's Supervision Plan includes educator responsibilities for supervising children whilst they are sleeping or resting.
- An educator physically and visually checks each child who is sleeping or resting at least every ten minutes. Visual checking includes checking for breathing (chest rise and fall), hazards, and for infants, skin, and lip colour. Checks are recorded for each child.
- A baby monitor is placed in the sleep and rest area for infants aged from 0-12 months to provide a constant audio check.
- Visual checking might be more frequent where there are increased risk factors for SIDS, where a child has a respiratory infection or disorder or as identified in the Sleep and Rest Risk Assessment or a child's individual risk assessment.

g) Routines and settling

We provide a routine of a set sleep or rest time during the day as well as opportunities for children to sleep and rest at other times if needed or to meet individual needs. We maximise effective sleep and rest by:

- Providing consistency of educators during sleep and rest so children form bonds with trusted adults and settle more confidently,
- Providing a quiet learning environment in the 20-30 minutes before sleep and rest,
- Creating a calm atmosphere by playing relaxation music, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed,
- Arranging beds and cots to allow easy access for educators and to ensure children can't reach each other,
- Having educators sit near resting children to encourage them to relax and listen to music or stories, and
- Ensuring educators avoid using settling and resting practices as a behaviour guidance so the child sees the rest environment as calm and secure and not as a disciplinary setting.

h) Staff awareness and training

As outlined in *NQS4.34 Staff Training Policy*, all educators must complete a recommended safe sleep course relevant to early childhood services.

- Training is purchased and organised for all new educators during orientation.
- Refresher training is completed by all educators every 12 months.

7. Procedure

a) Safe sleep environment



Check environment

The WHS representative and/or Nominated Supervisor or their delegate:

- Completes the *NQS2.15B Sleep and Rest Area Audit* every three months and addresses any identified concerns,
- Completes and submits *NQS2.19 A1 Maintenance Identification Form* or *NQS2.19 A2 Hazard Identification Form* as needed,
- Ensures any hazards are addressed and/or maintenance completed,
- Saves a copy of the audit in DCC Network/All Organisation Information/Self Assessment Compliance & QIP, and
- Updates the Self Assessment Tracking Spreadsheet.

The Responsible Person or their delegate:

- Completes the *Daily Safety Checklist* each morning and addresses any identified hazards or concerns in sleep and rest areas.

Remove hazards

Any educator settling or supervising children during sleep and rest:

- Visually checks the sleep and rest environment to ensure there are no hazards and addresses any concerns or notifies another educator,
- Removes any potential hazards from the bed or cot, such as quilts, bottles, or pillows, and
- Removes any potential hazards from children, including clothing with ties or cords, hoodies, hats, necklaces, dummy chains, teething bracelets, bibs or head coverings.

Settle child

Any educator settling or supervising children during sleep and rest:

- Places the child (of any age) on their back,
- Places infants (aged 0-12 months) so their feet are at the bottom of the cot,
- For infants, ensures sheets are firmly tucked under mattresses and pulled up to the child's chest,
- For infants, ensures sleeping bags are well fitted across the neck and chest, with the child's arms out, and no hood,
- Ensures there is nothing covering the child's face or head,
- If the child has a comfort object that is a potential hazard or is an infant aged 0-12 months, gently removes it when leaving the room if the child has fallen asleep and will be unsupervised, and
- Ensures any baby monitor being used is operational.

Sleep and Rest Policy

Visual check every ten minutes

Any educator supervising children during sleep and rest:

- Ensures there is always at least one person in sight or hearing of the sleep and rest area,
- Stays with the child if there are any health or safety concerns, including if they have a comfort item that is a potential hazard,
- Ensures there is an educator within aural range of any baby monitor being used,
- Sets a timer or other alert to sound every ten minutes as a reminder to complete a sleep and rest check,
- Physically enters the sleep and rest area at least every ten minutes and visually checks each child to ensure they are breathing (regular chest rise and fall), that there are no hazards, that the child's airway is clear, and the child's lip and skin colour are normal (infants aged 0-12 months),
- Where the child has turned over during sleep, allows them to find their own sleeping position but regularly check for hazards, and
- Records the sleep check for each child in XPLOR Playground.

8. Relevant Legislation, Regulations and Standards

Legislation	
Section 165	Offence to inadequately supervise children
Section 167	Offence related to protection of children from harm and hazards
Education and Care Services National Regulation	
84A	Sleep and rest
84B	Sleep and rest policies and procedures
84C	Risk assessment for purposes of sleep and rest policies and procedures
84D	Prohibition of bassinets
103	Premises, furniture and equipment to be safe, clean and in good repair
105	Furniture, materials and equipment
106	Laundry and hygiene facilities
107	Space requirements - indoor space
110	Ventilation and natural light
115	Premises designed to facilitate supervision
168	Education and care service must have policies and procedures
170	Policies and procedures to be followed
171	Policies and procedures to be kept available
172	Notification of change to policies or procedures

Sleep and Rest Policy

National Quality Standards	
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.
2.2.1	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
3.1.1	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child.
3.1.2	Premises, furniture and equipment are safe, clean and well maintained.
6.1.2	The expertise, culture, values and beliefs of families are respected and families share in decision-making about their child's learning and wellbeing.
6.1.3	Current information is available to families about the service and relevant community services and resources to support parenting and family wellbeing.
7.1.2	Systems are in place to manage risk and enable the effective management and operation of a quality service.
Child Safe Standards	
4	Equity is upheld and diverse needs are taken into account
7	Staff are equipped with the knowledge, skills, and awareness to keep children safe, through continual education and training
8	Physical and online environments minimise the opportunity for abuse or other kinds of harm to occur
10	Policies and procedures document how the organisation is child safe
Early Years Learning Framework Learning Outcomes	
3	Children have a strong sense of wellbeing
Early Years Learning Framework Principles	
	Secure, respectful, and reciprocal relationships
Early Years Learning Framework Practices	
	Responsiveness to children

9. Related Documents

Doc #	Attachments
NQS2.15A	Sleep and Rest Risk Assessment Template
NQS2.15B	Sleep and Rest Area Audit
NQS2.15C	Red Nose Australia Safe Sleep Advice Line Poster
NQS2.15D	Red Nose Australia Safe Sleep Conversations Guide

Sleep and Rest Policy

Doc #	Intersections with other key documents
	Daily Safety Checklist
NQS2.1	Hygiene and Infection Control Policy
NQS4.36	Tobacco, Drug and Alcohol Policy
NQS6.40 A4	Enrolment Form
NQS6.40 A5	Enrolment Update Form
NQS5.38 A1	Inclusion and Support Form
NQS2.24	Child Safe Supervision Policy
NQS4.34	Staff Training Policy

10. Document Control

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NQS2.15	Sleep and Rest Time Policy	1	March 2018	March 2020
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