

Mitcham Preschool Centre

Safe sleep and rest procedures

The objectives of this procedure are to ensure that educators

- Are aware of and comply with current evidence based safe sleep practices and safe sleep environments to reduce the risk of sudden unexpected death in infancy (SUDI)
- Comply with the Education and Care services National Law and regulations

Whilst sleep periods are not part of the routines at Mitcham Preschool, occasionally a child may fall asleep during the day, due to tiredness or illness. When an instance occurs of a child falling asleep, the following will be adhered to.

Providing a safe sleep environment at preschool

- A portable mattress will be made available for the child to sleep on
- Mattress to have mattress protector to keep clean. Sheet and blanket to be provided. A pillow will be provided if requested by child.
- Mattress to be placed in an easy access area (such as the literacy area),
- Mattress to be placed on the floor, free from hazards (eg soft toys or any objects that a young child could roll onto and pose a suffocation risk)
- Mattress must be positioned away from walls or furniture as young children may become trapped between a mattress and wall or furniture
- Sleeping children to always be in sight of educators, so breathing can be monitored

For safety reasons, the couch will not be used when a child requires sleep at preschool.

Length of sleep for children at preschool

- If a child falls sleep due to tiredness they will be allowed to sleep for 30 – 60 minutes and then woken
- If a child falls asleep due to illness, they will be allowed to remain asleep until a parent / carer arrives
- Parents to be contacted if child falls asleep

Children may require periods of rest at preschool, especially on a “full day”. To cater for the needs of children and their right to have some resting time, the following routines and procedures are adhered to.

Providing opportunities for rest at preschool

- Rest and relaxation occurs in small groups immediately prior to lunch time. Children go to one of 2 rooms (literacy & numeracy rooms), supervised by an educator, where a variety of rest and relaxation techniques are used, prior to washing their hands and eating. A third lunch group remains in the main room. These children wash their hands immediately and commence eating. Their relaxation will consist of having a story read to them whilst eating. This allows for the flow of children through the bathroom prior to eating lunch
- The children are informed that relaxation is a quiet resting time
- The couch provides a resting time during the day, with a variety of books and sensory toys provided
- The literacy room is set up as a quiet play space. There are a variety of puzzles, games, sensory toys or a construction set, for children to access during the day, to allow for quiet play away from the busyness of the main room / outdoor area.
- The dome offers a quiet play space with limited numbers of children allowed. The dome may include soft fabrics, books, cushions for a child to withdraw to if needed.

- Diffusing essential oils and having indoor plants can create a sense of calm.
- A range of sensory experiences are offered such as playdough, sandpit, water play (summer), mud kitchen, sensory toys, for rest and calming opportunities
- We have a special bean bag, designed for children who may need a sensory, quiet place, to calm and rest their body. The bean bag is provided when required and supervised by educators.

Approved: Governing Council Chairperson

Approved: Mitcham Preschool Director