

# 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, and 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