



PROCEDURES

SAFE SLEEP AND REST REQUIREMENTS FOR CHILDREN IN PRESCHOOL

1. INTRODUCTION

Sleep is extremely important for children as it directly impacts mental and physical development. Safe sleep and rest for children has the proven benefits of increases in growth, health, attention span and learning

It is important to note that [Red Nose](#) (formerly SIDS and Kids) is considered the recognised national authority on safe sleeping practices for infants and children. Nominated supervisors and educators need to consider that children have different sleep, rest and relaxation needs. Children of the same age within their service can have different sleep patterns.

Zuccoli Preschool has a responsibility under the *Education and Care Services (National Uniform Legislation) Act 2011* and *Education and Care Services National Regulations* (the National Regulations) to ensure each child's comfort is provided for and that appropriate opportunities will be provided by *Zuccoli Preschool* to meet each child's safe sleep, rest and relaxation needs.

2. DEFINITIONS

Approved provider is a person or legal entity who holds a provider approval under the National Quality Framework. Provider approval is a prerequisite for operating an approved education and care service.

The Department of Education is the approved provider of all Northern Territory Government preschools. Responsibility for this role has been delegated to the Deputy Chief Executive School Education.

Children, for the purpose of these guidelines, refers to children enrolled in and attending preschool.

National Quality Framework is a regulatory system agreed to by all Australian governments, through the Council of Australian Governments, to raise the quality of and drive continuous improvement in early childhood education and care services, including preschools.

Nominated supervisor, for the purpose of this procedure, is the school principal. The department has nominated all principals of government schools that operate a preschool in scope of the National Quality Framework as the nominated supervisor for the preschool. It is considered that, in their role as school principal, they are responsible for overseeing the day-to-day operations of the preschool service.



Parent, for the purpose of these guidelines, refers to a child's father, mother or any other person who has parental responsibility for the child, including a person who is regarded as a parent of the child under Aboriginal and Torres Strait customary law or tradition.

Preschool Teacher or Educator is a person who is involved in the planning and/or instruction of an education and care program.

3. ROLES AND RESPONSIBILITIES

Zuccoli Preschool will ensure each child's comfort is provided for and that appropriate opportunities are provided to meet each child's safe sleep, rest and relaxation needs.

To achieve this:

Preschool teachers and educators will:

- provide a period of quiet time during the day where children are encouraged to relax.
- If a child falls asleep during this time, they will be made comfortable and allowed to continue to sleep, taking parents' wishes into consideration.
- Pillows/floor cushions will be available for a child that would like to rest during the day.
- It is preferable that sleeping children can naturally wake up after a short sleep. However in the event that they may need to be woken up, they will be woken up quietly and gently and given time to wake peacefully.

Parents will:

- Communicate with educators about their child's sleep/ rest requirements.

4. PROCEDURES

Zuccoli Preschool will:

- ensure sleep and rest procedures are based on current research and recommended evidence-based principles and guidelines.
- provide a high level of safety for children when sleeping and resting and take every reasonable precaution to protect them from harm and hazard.
- consult with families about their children's individual needs and be sensitive to different values and parenting beliefs, cultural or otherwise, associated with sleep and rest.
- ensure preschool children with specific medical and health requirements, as indicated in their enrolment form and/or medical management plan, are managed and catered for appropriately.