



Cumberland Pre-School Kindergarten
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Government of South Australia
Department for Education

PROCEDURE – SAFE SLEEPING FOR INFANTS AND YOUNG CHILDREN

QUALITY AREA 2: CHILDREN’S HEALTH AND SAFETY

Background

Cumberland Kindergarten is devoted to providing a safe and comfortable environment for children who may at some time need to sleep. On occasions a child may be overly tired or become unwell and need to rest while waiting to be collected by a family member. Educators at Cumberland will ensure that should this occur safe practices and care will be adhered to, and that all educators are aware of and comply with current evidence-based sleep safe practices for children.

Overview

This procedure outlines the Department's, and Cumberland Kindergarten's approach to implementing recommended evidence-based safe sleep practices.

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)
- promote and model safe sleeping practices and environments to families with infants and young children
- are aware of where to access resources to build their knowledge about recommended safe sleep practices
- comply with the Education and Care Services National Law (South Australia) and Education and Care Services National Regulations

Scope

This procedure applies to all department staff who provide support to parents and caregivers of infants (a baby under 12 months of age) and young children, and who offer sleeping environments

This includes: PRESCHOOL SERVICES

Related Policies, procedures, guidelines, standards and frameworks

Physical environment in family day care including bed, fencing and safety standard

Department hazard management procedure

Department health support planning policy and procedures

Related Legislation

Education and Care Services National Law Act 2010

Education and Care Services National Regulations

SITE BASED PROCEDURE

Resting or Sleeping at Kindy

Should a child become unwell or is tired and needs to rest, or falls asleep during a preschool day, educators will make the child comfortable in an appropriate space away from the main traffic areas but within continuous view of educators.

Educators will provide a clean sheet on the floor for the child to rest on, away from furniture and walls. The child will at all times be in view of educators. Soft toys will not be given to comfort the child or soft cushions that children could roll on to. The area will be clear of objects that a child could roll onto or reach for. A small firm pillow will be offered should this make the child more comfortable. Where appropriate (e.g. illness), a responsible adult will be contacted to organize pick up from kindy as soon as is practicable so the child can rest more comfortably in their own environment.

Educators will record children's sleep times and notice patterns of sleep needs and discuss this with families and determine families' preferences in relation to their child's sleep.

Additional notes

Responsibilities

Staff

- Educators will be made aware of this policy through the Induction procedure
- The policy will be available on the Kindergarten web page
- This policy will be reviewed in conjunction with staff and Governing Council parents according to the review cycle below.

Parents

- Will be made aware of this policy upon enrolment of their child at the Kindergarten

Version #	Approval Date	Approved By	Review Cycle	Review Date
1.0	July 2018	Governing Council	2 years	July 2020
2.0	June 2021	Governing Council	2 years	June 2023