



Sleep and Rest Policy and Procedure

Sleep and Rest Policy

Principle

Children require a comfortable and safe rest environment within the childcare environment

Statement of Intent

We will ensure every effort is taken to ensure a safe and rest environment for children. Our policies and practices work in line with standards set out by First light.

Policy and Procedure

The following procedures will be carried out to ensure safe sleep and rest environment and practices.

Safe Sleep Environment

- Room temperature will be kept between 16 and 18 degrees Celsius and a thermometer kept in the infant room.
- Staff must monitor the sleep room temperature on a regular basis. If the temperature I found to be below or above the temperature of 16 and 18 degrees Celsius then the staff member must take appropriate action.

Appropriate Action

The team member should reduce or increase the temperature as appropriate in the zoned area. Monitor the room temperature until it is within the above Celsius. Do not put children to sleep in the room if the temperatures not at the correct Celsius. Inform the manager of the issue and the action that has been taken. Continue to monitor and record the temperature throughout the day and report findings to the Manager.

- All children's heads will not be covered with blankets or bedding.
- No loose bedding, pillows, bumper pads, etc. Will be used in cots. We will tuck any infant blankets in at the foot of the cot and along the sides of the cot mattress.



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- Toys and stuffed animals will be removed from the cot when the children are sleeping. Soothers will be allowed with the child in their bed while they sleep.
- Bibs, bottles will be removed from the child.
- A safety-approved cot with a firm mattress and tight fitting sheet will be used.
- Each child will have their own identifiable sheets and blankets.
- Only one child will be in a cot at a time, unless we are evacuating children in an emergency.
- All parents/guardians of children cared for our facilities will receive a written copy of our Safe Sleep Policy before enrolment.

Sleep Practices

- All childcare practitioners working in our Facilities, or childcare staff who may potentially work in our facilities, will receive training on our Child Safe Sleep Policy using First light recommendations.
- Children will always be placed on their backs to sleep, unless there is a signed sleep position medical waiver on file. In that case, a waiver notice will be posted at the Child's cot and the waiver filed in the Child's file.
- Children should be placed on their back to sleep, but when children can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer for sleep.
- We will follow this recommendation. However, childcare practitioners can further discuss with parents how to address circumstances when the baby turns onto their stomach or side.
- Visually checking sleeping infants. Sleeping children will be checked daily, every 10 minutes, by assigned staff. The sleep information will be recorded on a Sleep Chart. The Sleep Chart will be kept on file for one month after the reporting month. We will be especially alert to monitoring a sleeping child's during the first weeks the child in our childcare Facility
- We will check to see if the child's skin colour has not changed in colour, watch the rise and fall of the chest to observe breathing and look to see if the child is sleeping soundly. We will check the child for signs of overheating including flushed skin colour, body temperature by touch and restlessness.
- Steps will be taken to keep babies from getting too warm or overheating by regulating the room temperature, avoiding excess bedding and not over-dressing or over-wrapping the baby.



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Individual Risk Assessment

We want to ensure the safety of your child at all times including Sleep Time. TUSLA, The Child & Family Agency, in Part V, Regulation 20 (1) states that It is recommended that children's (up to 2 years old) sleep or rest needs are accommodated in a standard cot unless the child has a history of climbing out over the cot in which case a floor bed or mat is safer.

We want to ensure that we are providing the safest place for your child to sleep and you are requested, therefore, to complete the Risk Assessment below.

Name of Child: _____

Age in months: _____

Can your child stand and lean over the bars of the cot? _____

Can your child climb out of a cot? _____

Is your child used to sleeping in a cot? _____

Are their cultural reasons why your child should not sleep in a cot? _____

Are their emotional/psychological reasons that place your child at risk in a cot? _____

Following consultation, it is agreed that _____ will sleep in a cot ____ on a sleep mat _____

Please tick as appropriate.

Parent/Guardian Signature(s)

Manager's Signature _____ Date: _____
