

Sleep and Rest Time Procedures

Before placing a child in a cot or bed remove:

- Necklaces and other jewellery
- Hooded tops
- Bibs
- Shoes

If a child is in a sleeping bag ensure all excess clothing is removed including socks. The child should only be in a single layer of clothes.

Infants in Cots

- Place child on their back with feet at the bottom of the cot.
- Ensure head and face are uncovered.
- Blanket to be tucked securely so it is not loose.
- Ensure cot sides are up.
- Do not leave a child unattended with a bottle.
- Record sleep times and monitoring.

Children on beds

- When setting up beds ensure there is a space between each mattress, each has a bottom sheet and blanket, no pillow.
- Place children on their backs and allow children to find their own preferred position.
- Do not leave a child unattended with a bottle.

Waking Children on Parent Request

- Children will not be woken before a complete sleep cycle.
- Educators will attempt to wake child by talking quietly and gently tapping on the shoulders.
- If children do not wake, try again several minutes later.
- Do not remove sleeping children from bed while they are still sleeping.

References

National Quality Standard 2.1.1 Each child's wellbeing and comfort of provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.

PLCC Philosophy states children have the right to positive play and rest throughout the day.

Education and Care Services National Regulation 81: Sleep and Rest