



Safe Sleep and Rest Policy

This policy outlines safe sleep and rest practices at The Briars Preschool.

Policy to be used in conjunction with the child's Individual Sleep & Rest Plan.

The Briars Preschool supports children with very specific individual needs relating to their health, medical and/or physical capacity. Some children may require a rest and/or sleep while attending preschool.

Where a child is identified as needing a sleep or rest during the day, an Individual Sleep and Rest Plan will be developed by the parent or legal guardian and in conjunction with an authorised medical practitioner and/or allied health professional to ensure safe sleeping practices are provided whilst supporting inclusion of all children. The Individual Sleep and Rest Plan will be included in the child's Health Support Agreement and Safety and Risk Management Plan.

Procedures for educators:

- all sleeping and resting children will be actively supervised by an educator at all times
- Individual Sleep and Rest Plans are readily available and will be followed daily
- only equipment specified in the child's Individual Sleep and Rest Plan will be used. This may include, but is not limited to:
 - stretcher beds
 - bedding/bed-sheets
 - beanbags and floor cushions (for resting only)
 - personal equipment provided by the family and approved by a medical or allied professional as per the child's Individual Sleep and Rest Plan
- stretcher beds will be on the floor in a safe area.
- stretcher beds will be placed 1.5m apart and aligned head to toe to help avoid cross infection and support safe hygiene practices
- individual bedding/bed-sheets will be used for each child
- bedding/bed-sheets will be hygienically washed after each use
- no pillows are provided to sleeping children
- beanbags and floor cushions will be available for resting children
- educators are responsible for identifying hazards, removing potential hazards and addressing immediate risks, within the sleep environment, on a daily basis
- when a child falls asleep, who would not normally sleep at preschool, educators will notify the parent/carer to negotiate collection of or waking the child
- a collaborative partnership with families is developed and information about each child's sleep and rest patterns will be shared daily – refer to the Department for Education Safe sleeping for infants and young children Procedure 4.2.6

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- **Policy approved:** May 2024
 - **Next review date:** May 2026
 - **Sourced:** Department for Education Safe sleeping for infants and young children procedure, Kidsafe SA, The Briars Preschool staff and Governing Council