

SLEEP AND REST POLICY

All children have individual sleep and rest requirements. Our objective is to meet each child's need for sleep, rest and relaxation by providing a comfortable, relaxing and safe space to enable their bodies to rest. This environment will also be well supervised ensuring all children feel secure and safe at our Service.

PURPOSE

This policy supports the implementation of safe and appropriate sleep and rest practices in line with the Education and Care Services National Regulations. It guides staff in meeting each child's individual and developmental needs while minimising risks, including Sudden Infant Death Syndrome (SIDS), by following Red Nose and ACECQA recommendations. All educators are required to uphold this policy to ensure children's safety, wellbeing, and comfort during sleep and rest.

SCOPE

This policy applies to the Approved Provider, Nominated Supervisors, Educators, Staff, students, volunteers, children and Families.

EDUCATION AND CARE SERVICES NATIONAL LAW AND REGULATIONS (WA)

S.165	Offence to inadequately supervise children	R. 106	Laundry and hygiene facilities
S.167	Offence relating to protection of children from harm and hazard	R. 107	Space requirements—indoor space
R 82	Tobacco, drug and alcohol-free environment	R. 110	Ventilation and natural light
R 84A	Sleep and Rest	R. 115	Premises designed to facilitate supervision
R 84B	Sleep and rest policies and procedures	R. 168	Education and care service must have policies and procedures
R 84C	Risk assessment for purposes of sleep and rest policies and procedures	R. 170	Policies and procedures to be followed
R 84D	Prohibition of bassinets	R 171	Policies and procedures to be available
R 87	Incident, injury, trauma and illness record	R 172	Notification of change to policies or procedures
R. 103	Premises, furniture and equipment to be safe, clean and in good repair	R 176	Time to notify certain information to regulatory authority
R 105	Furniture, materials and equipment		

THE APPROVED PROVIDER WILL ENSURE:

That REED Services comply with the Education and Care Services National Law and Regulations regarding children's sleep and rest. They will oversee the implementation of this policy and ensure it is included in staff induction processes. The Approved Provider will ensure that Nominated Supervisors meet the requirements for conducting annual risk assessments and that sleep environments are safe, well-ventilated, and allow for clear supervision. Cots and bedding must meet Australian Standards. All staff will have access to ongoing training in approved safe sleep practices, and any practices that conflict with recognised guidelines will not be supported.

NOMINATED SUPERVISOR WILL ENSURE:

To take reasonable steps to meet each child's sleep and rest needs, considering their age and individual requirements. Risk assessments will be completed and reviewed annually or as needed. Educators will be supported to understand and follow the Sleep and Rest Policy, Procedure, risk mitigation strategies, and to maintain up-to-date knowledge of safe sleep

practices, which will be shared with families. Sleep routines will be discussed with families, and educators will receive relevant training. Child safety will be prioritised at all times, including keeping faces uncovered and maintaining a smoke-free environment.

EDUCATORS AND OTHER STAFF WILL:

Follow the Sleep and Rest Policy and Procedure, working in partnership with families to support each child's individual sleep and rest needs. Beds and mattresses will be clean and well-maintained. A calm sleep environment will be provided using relaxation strategies, while ensuring adequate supervision and maintaining required ratios. Physical checks of sleeping children will be conducted. Educators will communicate regularly with families about sleep routines, respect preferences, and ensure children feel safe and secure. Children will be dressed appropriately for the temperature, and those not sleeping will be offered quiet activities. Educators will respond to individual sleep cues and build trusting relationships to support settling. Sleep and rest patterns will be documented and shared with families.

FAMILIES WILL:

Provide educators with regular updates on their child's sleep routines and patterns, particularly for infants. During orientation, families will be informed of the Sleep and Rest Policy and advised that amber teething jewellery or any other necklaces and bracelets are not permitted due to choking risks.

RELATED DOCUMENTS

RESOURCES	POLICIES	PROCEDURES
Sleep and rest risk assessment Safe Sleep Record	Administration of First Aid Policy Child Safe Environment Policy Enrolment Policy Death of a Child at the Service Policy Dental Health Policy Emergency and Evacuation Policy Family Communication Policy Furniture and Equipment Safety Policy Interactions with Children Policy Physical Environment Policy Staffing Arrangements Policy Tobacco, Drug and Alcohol-Free Policy	Sleep and Rest Procedure

SOURCE

ACECQA. (n.d.). Safe sleep and rest practices: <https://www.acecqa.gov.au/resources/supporting-materials/infosheet/safe-sleep-and-rest-practices>

ACECQA. (2023). [Sleep and Rest for Children. Policy Guidelines.](#)

Australian Children's Education & Care Quality Authority. (2025). [Guide to the National Quality Framework](#)

Australian Competition and Consumer Commission (ACCC). (2022). Find out more: [Your First Steps to help parents keep their baby safe](#)

Early Childhood Australia Code of Ethics. (2016).

Red Nose: <https://rednose.org.au/section/safe-practices>

Red Nose: Cot to bed safety https://rednose.org.au/downloads/RN3356_Cot_Bed_DL_Oct2018_Online.pdf

[Western Australian Legislation Education and Care Services National Law \(WA\) Act 2012](#)

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REVIEW

POLICY REVIEWED	MODIFICATIONS	NEXT PLANNED REVIEW DATE
August 2025	<ul style="list-style-type: none"> Modification of template Revision of content (succinct and explicit) 	August 2027