

TITLE :

SAFE SLEEPING

Related documentation Policy/policies:	Supervision, Workplace & Children's Health and Safety, Visitors to Educators Home, Nutrition, Non Smoking, Alcohol and Unlawful Substances, Child Protection, Sun Safe, Nappy Changing, Hand washing,
Regulation/s/ Standards:	National Regs clauses 81, NQS- 2.1.2., 2.3., 2.3.1.,
Other procedures:	
References:	National SIDS Council of Australia, KIDSAFE NSW,
Date effective	August 2017
Date for review	August 2019
Purpose	To ensure the health, safety and wellbeing of children whilst they sleep at an Educator's homes during the day and when in care overnight.
Responsibility	Educators, Educators Assistants, Relief Educators and Staff

Key information:

- **The Educators home must be equipped with suitable bedding for all sleeping children. The bedding must be age and culturally appropriate for each sleeping child.**
- **Fixed cots need to comply with the requirements of Australian Standard AS/NZS 2172/2013.**
- **Bed linen and blankets can be provided by the Educator or the family. Any used linen needs to be stored in an individual bag (e.g. a pillow case) to prevent cross infection.**
- **Amber teething necklaces and bracelets consist of amber beads which are a fossilised tree resin and range in colour from yellow to white and beige to brown. Suppliers claim that when worn close to the skin, succinic acid will be released by the amber beads to relieve the symptoms of teething. Some suppliers also make claims for other conditions including eczema and asthma.**
- **Educators are to ensure that their family members are aware of child protection issues.**
- **Sleep areas need to be set up in an area of the home where sleeping children can be easily monitored. There is a requirement to check on sleeping children at 15 -20 minute intervals.**

- **A smoke free environment is mandatory while children are in care**

Procedure/s:

- The risk of SIDS is increased if the baby is placed on their stomach to sleep. The baby should be placed on their back to sleep from birth. Put the babies' feet at the bottom of the cot so that the baby cannot slip down under the blankets. Tuck the bedclothes in securely so that the bedding is not loose.
- It is not advisable to sleep babies in strollers or prams.
- For babies and toddlers under the age of 2 it is not recommended that pillows, toys, and other soft items be used in a cot. Remove mobiles.
- Avoid putting the baby to bed with a bottle.
- Top bunks are not recommended for use in Family Day Care.
- A Cot Check is required for all portable and free- standing cots. Educators need to check cots regularly for wear and tear and safety.
- Baby monitors may be used but should not wholly relied upon. Checks and monitoring checklists need to be completed for all sleeping children. (Appendix 1)

Overnight Specific Procedures

- Families requiring overnight care are required to contact the Coordination Unit 24 hours before the care is to take place.
- Educators must provide assurance that no child aged 7 years or older sleeps in the same room as another child of the opposite sex who is not a relative.
- When children are in overnight care, all family members need to adhere to AFDC policies and procedures. This includes ensuring an alcohol and smoke free environment and avoiding viewing inappropriate television shows or movies.
- If the child will be included in any planned family outing during overnight care, a Non-Routine risk assessment will need to be completed beforehand.
- It is understood, during overnight care, that sleep monitoring will be limited.

Families and Educators who have children in care using Amber teething necklaces need to:

- always supervise the child when wearing the necklace or bracelet
- do not allow the child to chew on the necklace
- remove the necklace or bracelet when the child is unattended, even if it is only for a short period of time
- remove the necklace or bracelet while the child sleeps at day or night

In the event a child stops breathing while they are sleeping:

- Apply CPR
 - Call an ambulance
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- A disclaimer form (appendix 2) is required to be completed if a parent chooses to leave the amber necklace on whilst the child is in the Educators service.

