

TITLE : SAFE SLEEPING

Related documentation Policy/policies:	Visitors Child Protection
Regulation/s/ Standards:	National Regs clauses 81 NQS- 2.1.1
Other procedures:	Supervision, Workplace Health and Safety (Educators), Bathing Babies and Young Children
References:	National SIDS Council of Australia, KIDSAFE NSW
Date effective	August 2019
Date for review	August 2021
Purpose	To ensure the health, safety and wellbeing of children whilst they sleep at an Educators home 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. Portable cots need to comply with the requirements of Australian Standard AS/NZS 2195/2010.
- The bed linen and blankets can be provided by the Educator or the family. The used linen needs to be kept in an individual bag (e.g. pillow case) to prevent cross infection.
- Educators need to ensure that family members are aware of child protection issues in relation to children in overnight care.
- 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 during daytime care.
- The wearing of amber teething necklaces is conditional (details provided later in this policy).

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. 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. Educators should aim to transition babies used to this at home to a cot once they have settled into care.
- For babies 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 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.
- Sleeping babies and children should be checked and monitored frequently, usually every 15 to 20 minutes.
- Baby monitors may be used but 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 care is to take place.
- No child aged 7 years or more may sleep 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 the AFDC policies and procedures. This includes maintaining a non-smoking / no alcohol environment and no viewing of inappropriate television shows.
- If the child will be included in any planned family outing during overnight care then a Non -Routine risk assessment will need to be completed beforehand.
- It is understood, during overnight care, that sleep monitoring will be limited.

Amber teething necklaces

These necklaces consist of amber beads which are a fossilised tree resin. 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.

Families wanting children to wear amber teething necklaces whilst they are in care need to sign a disclaimer.

Educators must:

- supervise the infant/child when they are wearing the necklace or bracelet.

- not allow the infant to chew on the necklace or bracelet.
- remove the necklace or bracelet when the infant is unattended, even if it is only for a short period of time.
- remove the necklace or bracelet while the infant sleeps during day or night.

In the event a child stops breathing:

- Apply CPR
 - Call an ambulance
 - Refer to the Emergency Evacuation (Critical Incident) Policy
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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.

