

**SWiCh Inc Child Care Centre
Monash Student Association Clayton**

Policy: **Sleeping Procedure**

Reviewed: **July 2008**

Policy Statement: Caregivers do their utmost to provide continuity of care between home and childcare when establishing a sleep routine provided this falls within the SIDS and Kids guidelines. It does take infants and toddlers time to adjust to their new environment, therefore establishing a sleep routine whilst in care, may take several weeks. For the health and safety of children under the age of two years the following requirements regarding placing children to sleep must be adhered to. Guidelines are those set down by the sudden infant death research foundation – SIDS and Kids Victoria.

Parent's Responsibilities

The centre must be given relevant information regarding the child's sleep routine to ensure that continuity of care and sleep routine requirements are met. The parent must agree to support the caregivers by adhering to the procedures outlined in the centres responsibilities.

Centres Responsibilities for infants under two years old

- To source and keep up to date information regarding SIDS and kids research and polices.
- To ensure all mattresses used for sleeping are the correct size for the cot, firm, clean and in excellent condition.
- To position infant on their back on mattress unless advised in writing differently by a medical practitioner.
- To position infants feet at the bottom of the cot.
- Sheet and lightweight blanket to be tucked in securely underneath the mattress.
- Child's head and face to remain uncovered.
- If a child needs to be wrapped they will be lightly clothed and wrapped below the neck in a cotton or muslin sheet.
- Ribbons and chains and fabric will be removed from dummies.
- All pillows, doonas, lambswool, cot bumpers, soft toys and comfort fabrics will not be placed in the cot or given to sleeping children.
- If a child is sleeping in their pram no cover will be draped over it to darken the area.
- Sleeping children will be supervised and regularly checked.

As babies grow and develop they become very active and learn to roll around the cot at this time we still put them on their back but let them find their own position of comfort. By this time it is not necessary to change their sleeping position.