



# Checklist for individual children sleeping in OCCASIONAL CARE

Child's Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Recommended safe sleeping practices and environments are implemented:**

- Infants are placed on their back to sleep
- Infant's head and face is uncovered
- Infants are positioned with feet touching the bottom of the cot
- Bedclothes are tucked in securely so bedding is not loose, or infant uses a safe sleeping bag
- There are no quilts, doonas, pillows, cot bumpers, sheepskins, soft toys/items in the cot which could pose a suffocation risk
- Infants sleep in a safe cot that meets the current mandatory Australian Safety Standard (AS/NZ 2172) or current mandatory Australian Safety Standard (AS/NZ 2195) for portable cots. Portable cots are not used when an infant weighs more than 15kg (or check the instructions on the particular model)
- Prams, pushers and bouncinettes are not used unsupervised and never as a sleeping environment
- A firm, clean and well fitted mattress is used that complies with the voluntary standard for firmness (AS/NZS 8811.1:2013)
- Mattresses are flat with no additional padding under/over the mattress
- A safe place to sleep is provided:
  - Educators identify and remove potential hazards in sleeping environments
  - Hanging cords, mobiles, electrical appliances and curtains are out of reach of infants
  - Amber teething necklaces and bracelets, necklaces/chains, hair clips and bands are removed
  - Infants never sleep in bean bags, water beds, sofas, pillows or hammocks
- Young children are transitioned from sleeping in a cot, in consultation with their parents, when they attempt/have the ability to climb over the sides of the cot

**Infant Wrapping:**

- When a family requests their infant is wrapped, this is done in accordance with Red Nose safe wrapping

**Baby Slings and Carriers:**

- In consultation with a family, an infant sling is used in accordance with recommended practices and educators are aware of the hazards
- Sleeping infants are transferred to a safe cot when sleeping

**Supervision:**

- Children resting and sleeping are actively supervised and monitored in accordance with the National Law and Regulations
- Each child's circumstances are assessed to identify known risk factors, and staff are aware a high level of supervision may be required when an infant is unwell
- If an educator is not in the room with the sleeping infant, a process is in place to actively check the infant at not more than 10 minute intervals and to record this observation (time and initial/signature)

UPDATED: August 2021 REVIEW: August 2023

TIME CHILD WENT TO SLEEP: _____					TIME CHILD WOKE UP: _____				
TIME CHECKED:									
STAFF INITIAL:									
PARENT INFORMED AT END OF SESSION: YES / NO					PARENT SIGNATURE: _____			STAFF INITIAL: _____	