



Checklist for individual children sleeping in PRESCHOOL

Child's Name: _____ Date: ____/____/____

When a child goes to sleep at preschool:

- Educators use their professional judgement to decide if they need to phone parent/caregiver straight away or to allow child to sleep/rest for a while.
- If Educators believe the child may be unwell, phone parent/caregiver straight away and ask them to collect the child
- If the child has been asleep for more than 15 minutes, Educator to phone parent/caregiver and negotiate what action is to be taken (e.g. parent/caregiver to collect child)
- Educators to monitor the child until child wakes or parent/caregiver arrives

Recommended safe sleeping practices and environments are implemented:

- Child's head and face is uncovered
- There are no quilts, doonas, pillows, sheepskins, soft toys/items nearby which could pose a suffocation risk
- 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

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 child, a process is in place to actively check the child 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: _____	