

## Safe Sleep Checks

All children in cots or on beds of all ages must be checked every 10 minutes while asleep. Educators will check each child visually and physically by observing that the child's skin tone is as it usually is, the child is visibly breathing, child's face and head is not covered.

Time	Educator and Signature	Time	Educator and Signature
6:30		12:10	
6:40		12:20	
6:50		12:30	
7:00		12:40	
7:10		12:50	
7:20		1:00	
7:30		1:10	
7:40		1:20	
7:50		1:30	
8:00		1:40	
8:10		1:50	
8:20		2:00	
8:30		2:10	
8:40		2:20	
8:50		2:30	
9:00		2:40	
9:10		2:50	
9:20		3:00	
9:30		3:10	
9:40		3:20	
9:50		3:30	
10:00		3:40	
10:10		3:50	
10:20		4:00	
10:30		4:10	
10:40		4:20	
10:50		4:30	
11:00		4:40	
11:10		4:50	
11:20		5:00	
11:30		5:10	
11:40		5:20	
11:50		5:30	
12:00		5:40	

Children of all ages should sleep and rest with their face uncovered, environments and equipment are safe and free from hazards, educators adequately supervise sleeping and resting children, educators check/inspect sleeping children at regular intervals, ensuring that they can assess a child's breathing and colour of their skin. Source - <https://www.acecqa.gov.au/resources/supporting-materials/infosheet/safe-sleep-and-rest-practices>