Lake Macquarie Family Day Care
A Quality Education and Care Option for Our Community
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## SLEEP REST AND COMMUNICATION RECORD

| **Childs name** | | Specific sleep/rest precautions  (eg, due to medical condition) |
|---|---|---|
| **Educator name** | | |

| *Safety check* | *Physically check children at 10-minute intervals (as far as is practicable):* |
|---|---|
| *Children are dressed appropriately - remove any necklaces/bracelets before placing child in cot/bed* <br><br> *Ensure environment is safe and free from hazards – cots assembled safely and in good repair* <br><br> *Ensure temperature of room is suitable for sleeping and is well ventilated* | - *Assess each child's breathing* <br> - *Check colour of each child's skin* <br> - *Ensure children's faces are uncovered* <br> - *Check infants' position in cot* |

| Date | Start time | Record the actual times the child is checked during sleep/rest time | | | | | | | | | | | | | End time |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| date | Start time | | | | | | | | | | | | | | End time |
| | | | | | | | | | | | | | | | |
| Communication/comment – items to note | | | | | | | Follow up | | | | | | | | |
| date | Start time | | | | | | | | | | | | | | End time |
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