

Sleeping Management Plan for children: Educator Name: _____

- Children who are resting will be monitored at all times;
- Children who are sleeping will be monitored regularly with specific attention to breathing patterns;
 - Sleeping and resting Children will be monitored, including bed-side checks for sleeping position, skin and lip colour, breathing, body temperature, head position, airway, head and face, ensuring they remain uncovered, at least every 10 minutes;**
- Children sleeping in a room where the Educator cannot see and hear them at all times will be monitored with an operational baby monitor in addition to bed side checks at least every 10 minutes;
- It is recommended Educators manually record the times physical checks are made in relation to sighting the colour of children's skin and hearing and assessing children's breathing.**

Child's Name	Child's DOB	Preferred bedding <i>Cot/ Portacot/ sleep mat/ kindy bed / does not sleep</i>	Allocated room <i>(bedroom, lounge room, play room etc).</i>	Is the sleeping child within sight of the educator? <i>Yes / No</i>	Sleeping child is within hearing of the educator? <i>Yes / No</i>	If NO to both sight and hearing a working baby monitor must be in place and 10 minute bed side checks conducted
Date prepared: ____ / ____ / ____				Date to be reviewed : ____ / ____ / ____		

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