



Sleep Safety Educators

NQS 2.1.1 Wellbeing and Comfort

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| Name Educator 1 | |
| Name Educator 2 | |
| Name Educator 3 | |
| Name Educator 4 | |
| Name Educator 5 | |

E = Embedded I do that **ALL** the time

K = I know I need to do that, but I don't do it all the time

T = Please teach me how to do it or improve my understanding of why I need to do it.

| All Children | ED1 | ED2 | ED3 | ED4 | ED5 |
|--|------------|------------|------------|------------|------------|
| Can you always see and hear sleeping or resting children? | | | | | |
| Do you always ensure babies and children sleep with their face uncovered? | | | | | |
| Do you complete regular checks on all sleeping or resting children, paying particular attention to breathing patterns and skin colour? | | | | | |
| Do you complete more frequent checks on sleeping or resting children that have medical conditions or sleeping issues? | | | | | |
| Do you monitor the temperature of the rest environment to ensure it is too hot or cold? | | | | | |
| Do you ensure there is adequate space between sleeping or resting children? | | | | | |
| Babies and Toddlers | | | | | |
| Do you always place babies and toddlers on their back to sleep? | | | | | |
| Do you always place babies' and toddler's feet close to the bottom of the cot? | | | | | |
| Do you always ensure there are no quilts, doonas, duvets, pillows or cot bumpers in cots? | | | | | |
| Do you always ensure the bed clothing is appropriate for the weather? | | | | | |
| Do you ensure cot mattresses are firm, clean and fit snugly? | | | | | |
| Do you always attend babies and never leave them unattended? | | | | | |
| Do you physically check babies every 10 minutes (best practice)? | | | | | |
| Are the babies' arms free from wraps once startle reflex disappears (around 3 months old)? | | | | | |
| Do you stop wrapping babies if they can roll from back to front to back again? | | | | | |
| Do you ensure no bottles are given to children when they lay to rest (for safety and hygiene reasons)? | | | | | |
| Do you ensure that no electric blankets, hot water bottles or wheat bags are used? | | | | | |
| Do you ensure bibs are removed from babies and toddlers before being placing them in cots/beds? | | | | | |
| Do you ensure that dummies provided have no chain attachments? | | | | | |
| Do you ensure that dummies are not replaced if they fall out while child is sleeping? | | | | | |
| Do you ensure no baby is left to sleep in a bassinet, hammock, pram or stroller? | | | | | |
| Do you move toddlers from cot to bed if they're likely to climb out of cot (around 2-3½ years old)? | | | | | |



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| Do you reposition babies onto their back when they roll onto their front or side if they're unable to repeatedly roll from back to front to back (around 5-6 months)? | | | | | |
| Do you only use light bedding and ensure it's tucked in tightly? | | | | | |
| If you use sleeping bags instead of linen, do you ensure it's fitted with neck and arm holes but no hood? | | | | | |
| Mattresses are not tilted or elevated | | | | | |
| Plastic packaging is removed from new mattresses | | | | | |
| Waterproof mattress protectors are strong, not torn and fit tight | | | | | |
| Only mattresses supplied with portable cots are used in those cots and no additional padding or mattress is added under or over the mattress | | | | | |

Actions required

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