



### Sleep/Rest Record

National Regulations 81 & 168

Educator: \_\_\_\_\_

Date	Child's Name	Jewellery Removed	Sleep/Rest		15-minute Check												Educator Signature												
			From	Until																									
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Sleep on back, not on tummy or side. Feet to bottom of cot and bedding tucked in firmly. Sleep with face and head uncovered and free from bedding. Remove jewellery & dummy chains (amber necklaces, anklets, etc). Sleep environment to be safe, well ventilated, adequate temperature control, and with Australian Standard age appropriate bed (cot & mattress) and bedding used for each child; no quilts, doonas, duvets, pillows, lambs wool, bumpers or toys in cot, as recommended by Red Nose.



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