



# Sleep and Rest Nominated Supervisor

## NQS Element 2.1.1 Wellbeing and comfort

Name of the person conducting the checklist: \_\_\_\_\_ Date: \_\_\_\_\_

### Educator Practices

Do educators supervise children at all times?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators encourage families to tell them if their child needs more rest than usual eg child was coughing all night?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators give parents information about things they can do to improve the way their children (of all ages) sleep at night?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators advise families if their child appears to be more tired than normal, and then discuss the possible reasons why eg new sibling, family member ill etc?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you behave in a calm, professional manner in both rest and non-rest areas to maintain a positive emotional climate throughout the service?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators take steps to ensure there is no risk of cross infection in sleep/rest areas?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators ensure sleep and rest routines are positive experiences for children (eg familiar bedding, soft music)?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators ensure sleep/rest routines are flexible enough to meet the needs of individual children (eg children are never forced to sleep and can rest or relax when they choose)?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators plan for the rest and relaxation needs of different age children?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do educators respect children’s choices to rest or relax rather than taking part in group activities?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

### Facilities

Is the sleep/rest area adequately ventilated with natural light?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Can the lighting be dimmed in rest areas if children wish to nap or close their eyes?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is the rest area inviting?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is the rest area located as far away as possible from noisy activities and interruptions?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Are there comfortable floor cushions or lounges where children can rest, relax or read by themselves or with others?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is relaxing music available or can children play their own music?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

### Practices

During enrolment do you invite parents to discuss any special sleep or rest patterns, or cultural practices at home so the Service can maintain continuity of these practices?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
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### Actions required