ACTIVE SUPERVISION REST TIME CHECKS

E-411

Check the children every 10-15 mins and document

A - Awake
S - Sleeping

Classroom: **Date:** **Starting Rest Time:**

Child's Name	Time Fell Asleep	Time Awoken	Check 1	Check 2	Check 3	Check 4	Check 5	Check 6	Check 7	Check 8	Check 9	Check 10
Time for Checks:	X	X										

Staff must stay alert and actively supervise sleeping children by **seeing and hearing them at all times**, including when children are going to sleep, sleeping, or waking up.

- The lighting in the room must allow staff to see the child's face and skin color, check on the child's breathing, excessive sweating, bed wetting, odd sounds, and see where the pacifier is (if used).
- Check to make sure the child's head stays uncovered and adjust clothing as needed.

Check the children every 10-15 mins and document

Maintain this document in the Green Active Supervision Binder.