



Kid zone family day care Sleep and Rest Time Checks

Time Check Interval:

Date:



DAY OF THE WEEK	AM/PM - SIGN	AM/PM - SIGN	AM/PM - SIGN	AM/PM - SIGN	AM/PM - SIGN	AM/PM - SIGN	AM/PM - SIGN	AM/PM - SIGN	AM/PM - SIGN
MONDAY PRE-SCHOOL CHILDREN ENROLLED : _____									
MONDAY									
TUESDAY PRE-SCHOOL CHILDREN ENROLLED : _____									
TUESDAY									
WEDNESDAY PRE-SCHOOL CHILDREN ENROLLED : _____									
WEDNESDAY									
THURSDAY PRE-SCHOOL CHILDREN ENROLLED : _____									
THURSDAY									
FRIDAY PRE-SCHOOL CHILDREN ENROLLED : _____									
FRIDAY									



- ➡ Check to see if each child is breathing and faces are uncovered.
- ➡ Ensure baby monitors are always working.
- ➡ Necklace /bracelets are removed from child before sleeping.
- ➡ Heaters switched off; room maintained at appropriate temperature.





Kid zone family day care Sleep and Rest Time Checks

Time Check Interval:

Date:

DAY OF THE WEEK	AM/PM - SIGN	AM/PM - SIGN	AM/PM - SIGN	AM/PM - SIGN	AM/PM - SIGN	AM/PM - SIGN	AM/PM - SIGN	AM/PM - SIGN	AM/PM - SIGN
MONDAY PRE-SCHOOL CHILDREN ENROLLED : _____									
MONDAY									
TUESDAY PRE-SCHOOL CHILDREN ENROLLED : _____									
TUESDAY									
WEDNESDAY PRE-SCHOOL CHILDREN ENROLLED : _____									
WEDNESDAY									
THURSDAY PRE-SCHOOL CHILDREN ENROLLED : _____									
THURSDAY									
FRIDAY PRE-SCHOOL CHILDREN ENROLLED : _____									
FRIDAY									

- ➡ Check to see if each child is breathing and faces are uncovered.
- ➡ Ensure baby monitors are always working.
- ➡ Necklace /bracelets are removed from child before sleeping
- ➡ Heaters switched off; room maintained at appropriate temperature.

