

Healthy Sleep: Birth to 12 Years

Checklist of Practice

Always	Sometimes	Not Yet	Caregiver Strategies: What they look like in practice
			1. Watch for and respond to child's cues that indicate the need for quiet or active time.
			2. Offer quiet activities, rest periods, and nap times in the daily routine.
			3. Wash and sanitize sleep equipment on a regular schedule.
			4. Naptimes have a consistent routine.
			5. Read with child(ren) and babies and practice other calming routines at naptime and bedtime. (Singing songs, listening to music, etc.)
			6. Help children recognize personal signs of fatigue and need for rest.
			7. There is an opportunity for sleep or rest, but sleep is not required. A rest period for older children can include space for quiet play.
			8. During nap time, at least one adult is physically present and within sight and sound of the sleeping or resting children.
			9. Each child who spends more than four hours a day at child care has their own sleeping space/equipment.
			10. None of the sleeping equipment used has been recalled and is in compliance with the U.S. Consumer Product Safety Commission (CPSC).
			11. Remove sleeping infants from their car seat and placed on their back to sleep upon arrival.
			12. Provide a space for a "cozy corner" or one child nap area.
			13. Communicate with parents about children's sleep habits.
			14. Infants are placed fully on their back when they are sleeping in a safety approved crib for every sleep, unless there is a physician's note specifying another sleep position is necessary for an individual infant.
			15. Facilities only use safety approved cribs and firm mattresses, and providers keep cribs free of toys, stuffed animals, bumper pads, blankets, and extra bedding.

