Playcentre Aotearoa's Sleeping Children Checks Form (2026)

This form may be used to record tamariki sleep times and checks done during these times. This information must be captured and kept onsite at the Centre for a **period of 2 years.**

These checks will occur whether the child is in the provided bedding or in any other sleeping/resting place including baby wearing or being held.

Child should be checked for warmth, breathing, and general well being at least every 10 minutes.

Each time period must have an **adult's signature/initials underneath when check is completed.**

INSTRUCTIONS: When a child falls asleep, write this time in the "Time asleep" box, and write your first name below. At the next listed time carry out a check and thereafter every 10 minutes, for each check sign/initial in box below. When child wakes, write the time in the "Time awake" box and your first name below.

Cross out time and write in relevant start time as per your Centre hours

Child first name			8.50	9:00	9:10	9:20	9:30	9.40	9.50	10:00	10:10	10:20	10:30	10.40	10.50	11:00
Date		Sign ➡														
Time asleep			11:10	11:20	11:30	11:40	11:50	12:00	12:10	12:20	12:30	12:40	12:50	1:00	1:10	1:20
Adult first name		Sign ➡														
Time awake			1:30	1:40	1:50	2:00	2:10	2:20	2:30	2:40	2:50	3:00	3:10	3:20	3:30	3:40
Adult first name		Sign ➡														
			3:50	4:00	4:10	4:20	4:30	4:40	4:50	5:00	5:10	5:20	5:30	5:40	5:50	6:00
		Sign ➡														
Child first name			8.50	9:00	9:10	9:20	9:30	9.40	9.50	10:00	10:10	10:20	10:30	10.40	10.50	11:00
Date		Sign ➡														
Time asleep			11:10	11:20	11:30	11:40	11:50	12:00	12:10	12:20	12:30	12:40	12:50	1:00	1:10	1:20
Adult first name		Sign ➡														
Time awake			1:30	1:40	1:50	2:00	2:10	2:20	2:30	2:40	2:50	3:00	3:10	3:20	3:30	3:40
Adult first name		Sign ➡														
			3:50	4:00	4:10	4:20	4:30	4:40	4:50	5:00	5:10	5:20	5:30	5:40	5:50	6:00
		Sign ➡														
Child first name			8.50	9:00	9:10	9:20	9:30	9.40	9.50	10:00	10:10	10:20	10:30	10.40	10.50	11:00
Date		Sign ➡														
Time asleep			11:10	11:20	11:30	11:40	11:50	12:00	12:10	12:20	12:30	12:40	12:50	1:00	1:10	1:20
Adult first name		Sign ➡														
Time awake			1:30	1:40	1:50	2:00	2:10	2:20	2:30	2:40	2:50	3:00	3:10	3:20	3:30	3:40
Adult first name		Sign ➡														
			3:50	4:00	4:10	4:20	4:30	4:40	4:50	5:00	5:10	5:20	5:30	5:40	5:50	6:00
		Sign ➡														

9.6.1 Sessional Health & Safety Checklists will have a sessional check to ensure that this document is complete for the day