



# Visual Checks Log

Prepared by the Health & Safety Specialists at Child Care Aware® of North Dakota

Visual checks of a sleeping infant are required by licensing. Visual checks are recommended every 10-15 minutes. Visual checks should include:

- **Placement of blanket (if blanket is used)** make sure head is uncovered; blanket is not around face; blanket is not above the shoulders
- **Breathing** – see if chest is rising/falling or feel with hand
- **Color of skin** – skin should be normal color for the child; if skin is blue/gray, not enough oxygen; is skin is red/sweaty, overheated.
- **Pacifier** – if using a pacifier and it falls out, no need to reinsert into the infant's mouth. Remove from crib/packnplay. Check pacifier daily for cracks/tears. Pacifiers should not be attached to clip/strap/stuffed item.

Here is an example of how to fill out Visual Check Log:

Child's Name Amanda B

| Date | Nap Time Start/End | Time of Check / Initial | Notes                            |
|------|--------------------|-------------------------|----------------------------------|
| 4/17 | 1:15 PM            |                         |                                  |
|      |                    | 1:30 / BJP              | All OK                           |
|      |                    | 1:40 / BJP              | Removed pacifier                 |
|      |                    | 1:50 / BJP              | All OK                           |
|      |                    | 2:00 / SJM              | All OK                           |
|      |                    | 2:10 / SJM              | Skin looked red, removed blanket |
|      |                    | 2:20 / SJM              | All OK                           |
|      |                    | 2:30 / SJM              | All OK                           |
|      | 2:45 PM            |                         |                                  |
|      |                    |                         |                                  |
|      |                    |                         |                                  |
|      |                    |                         |                                  |

