



Have you thought of trying: **AWAKE ROOM**

Remember: Some children may not sleep and have difficulty staying quiet on their beds for any period of time. Check with your Supervisor to see what the current Child Care and Early Years Act regulations are regarding awake rooms.

- Do you have a separate space to use for an awake room?
- Do you have quiet and relaxing activities to use for this time (especially if nap time is not provided)?
- Are you planning for these activities on a regular basis (so things are not always the same)?
- Do the children help you set up for this time?
- Do you use visual cues?

This sheet was created by the All Kids Belong team based on their years of knowledge and experience. If you have any further questions about awake rooms, please talk to your All Kids Belong Resource Consultant.