



Visual Checks Log

Prepared by the Health Consultant Team at Child Care Aware® of North Dakota

Visual checks of a sleeping infant should be done every 10-15 minutes. Visual checks should include:

- **Placement of blanket** 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; if skin is blue/gray, not enough oxygen- remove immediately and begin emergency procedures; if skin is red, sweating, rash, breathing fast – remove blanket (if using one), lower room temperature if able. If symptoms of overheating are unchanged at next visual check, remove infant from crib/pack-n-play and check temperature for fever.
- **Pacifier** – if using a pacifier and it falls out, no need to reinsert into the infant’s mouth. Remove from crib/ packnplay.

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		

