



## **SIDS Informational Letter**

Dear Parents:

Providing your infant with a safe environment in which to grow and develop is extremely important. It is because of this belief, we have developed policies and procedures for Kiddo's Academy that will create a safe sleep environment for your child.

Kiddo's Academy the Out of Home guidelines for SIDS set forth by The American Public Health Association and The American Academy of Pediatrics regarding infant sleep positions and surroundings for children less than one year of age.

These guidelines include:

- Infants under 12 month of age shall be placed on their backs on a firm tight-fitting mattress for sleep in a crib.
- Soft mattresses, pillows, and other soft surfaces shall be prohibited as infant sleeping surfaces.
- All pillows, quilts, comforters, sheepskins, stuffed toys, and other soft products shall be removed from the crib.
- If a blanket is used, the infant shall be placed at the foot of the crib with a think blanket tucked around the crib mattress, reaching only ass far as the infant's chest.
- The infant's head shall remain uncovered during sleep. (Caring for Our Children, Standard FA 190A)
- Unless the child has a note from a physician specifying otherwise, infants shall be placed in a supine (back) position for sleeping to lower the risks of Sudden Infant Death Syndrome (SIDS).
- When infants can easily turn over from the supine to the prone position, they shall be put down to sleep on their back, but allowed to adopt whatever position they prefer to sleep.
- Unless a doctor specifies the need for a positioning device that restricts movement within the child's crib, such devices shall not be used. (Caring for Our Children, Standard HP 006).
- Children requiring positioning devices must provide the program with a doctor's note describing the required positioning techniques as well as complete a sleep positioning medical waiver.

Since the start of the 1994 nationwide campaign which provided guidelines for parents, professionals, and other caregivers to place infants on their backs to sleep, the number of infants dying from SIDS has decreased 42%.

Sincerely, Kiddo's Academy Team