

## Infant Safe Sleep Policy

Purpose: The purpose of the Safe Sleep Policy is to maintain a safe sleep environment that reduces the risk of sudden infant death syndrome (SIDS) and sudden unexpected infant deaths (SUIDS) in children less than one year of age.

As early learning professionals, we strive to maintain a safe sleep environment for infants that helps lower the chances of SIDS. Our goal is to take proactive steps to reduce the risk of SIDS in child care and to work with parents to keep infants safer while they sleep. To do so, this facility will practice the following safe sleep policy:

- a. Infants up to twelve months of age will be placed for sleep in a supine position (wholly on their back) for every nap or sleep time unless an infant's primary care provider has completed a signed waiver indicating that the child requires an alternate sleep position.
- b. Infants will be placed for sleep in safe sleep environments; which include a firm crib mattress covered by a tight-fitting sheet in a safety-approved crib. No monitors or positioning devices will be used unless required by the child's primary care provider, and no other items will be in a crib occupied by an infant except for a pacifier including blankets or bedding hanging on the slides of the crib.
- c. Infants' heads and face will not be covered during sleep.
- d. Bibs will be removed before nap.
- e. If an infant arrives at the school asleep in a car safety seat, the parent/guardian or caregiver/teacher should immediately remove the sleeping infant from this seat and place them in the supine position in their assigned crib or sleep area.
- f. If an infant falls asleep in any place that is not a safe sleep environment, staff will **immediately move the infant and place them in the supine position in their crib.**
- g. Only one infant will be placed in each crib.
- h. Soft or loose bedding will be kept away from sleeping infants and out of safe sleep environments. These include, but are not limited to: bumper pads, pillows, quilts, comforters, sleep positioning devices, sheepskins, blankets, flat sheets, cloth diapers, bibs, etc.
- i. Swaddling infants is not allowed, but rather one-piece sleepers will be used.
- j. When infants can easily turn from their stomachs to their backs and from their backs to their stomachs, they shall be initially be put to sleep on their backs, but shall be allowed to adopt whatever positions they prefer once they are asleep.
- k. Toys, including mobiles and other types of play equipment that are designed to be attached to any part of the crib will be kept away from sleeping infants and out of safe sleep environments.
- l. Pacifier use has been shown to decrease the risk for SIDS. Infants may be offered a pacifier when they are in the crib if parents offer a pacifier at home. **Pacifiers will not be attached by a string or to the infant's clothing.**
- m. When caregivers/teachers place infants in their crib for sleep, they should check to ensure that the temperature in the room is comfortable for a lightly clothed adult.
- n. Parents need to provide a sleep sack and a porta crib size sheet for their infant.
- o. Infants will be directly observed by sight and sound at all times, including when they are going to sleep, are sleeping, or are in the process of waking up.
- p. One bank of lights must remain on at all times in the infant room so teachers can clearly see sleeping and awake infants.
- q. Teachers will check to ensure that the infant's head remains uncovered and re-adjust clothing as needed.
- r. On Friday when all bedding and sleep sacks will be sent home to wash.
- s. Awake infants will have supervised "Tummy Time" to allow for the development of strong back and neck muscles and prevent the development of flat areas on the head.

As the parent/guardian of \_\_\_\_\_ I have read and understand the Infant Safe Sleep policy. I understand it is my responsibility to provide a sleep sack and porta crib size sheet.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_