

# SAFE SLEEP POLICY FOR CHILDREN 6 WEEKS-1 YEAR



Child's Name: \_\_\_\_\_

Our center does practice the "safe sleep" recommendations from the American Academy of Pediatrics (AAP) and Consumer Product Safety Commission in our infant classroom. This is also a requirement of Missouri state license law for child care centers. Maintaining a safer sleep environment for infants can help lower the risk and incidents of SIDS- the sudden death of an infant that cannot be explained in any other manner after thorough investigation. *\*An infant is defined as a child under 1 year of age.*

Infants will be placed to sleep flat on their backs (not on their tummies or sides) unless a medical waiver from a doctor is on file detailing the medically appropriate sleep positions. If the infant rolls to new position while sleeping, the infant will gently be returned to their back to sleep. We will not use any wedges or positioners.

Infants will only be placed to sleep in a crib or playpen. Only one child will be placed in each crib or playpen, and siblings will not be placed together. Cribs and playpens are individually assigned and clearly marked. All cribs have firm mattresses with tight-fitting sheets, and loose items such as pillows, stuffed toys, bumpers, etc, will not be added. Blankets also pose a risk as they are also a loose item, and can cause children to overheat (required room temperatures are between 68-85 degrees). Sleepers and sleep sacks are the only alternatives. The infant's faces will not be covered during sleep. To promote your child's physical development, we will not utilize swaddling. There will also not be any loose items hanging from the outside of the cribs or playpens.

Pacifiers will be offered, only with written parental consent (see the Infant-Toddler Feeding and Care Plan form). Should the pacifier fall out during sleep, it will not be put back into the infant's mouth. Pacifiers will not be "attached" to the infant via cords or other clip mechanisms. Pacifiers will also be cleaned between each use, and checked for condition/tears. Pacifiers will not be coated in any solutions to entice the infant. If you do wish for pacifiers to be used, we also ask that you provide replacement pacifiers as needed. (Pacifiers with stuffed animals attached will not be allowed.)

Naptimes will be supervised, with staff frequently checking on children and remaining in close proximity. This will allow them to be able to hear and see the infants should they have difficulty, or wake up. We do not utilize any type or form of baby monitors. Infants who awaken will be provided with supervised "tummy time" for exercise and play.

Infant equipment utilized in the classroom includes swings, bouncy seats, jumpers, etc. Per the National Health and Safety Performance Standards outlined in *Caring for Our Children*, we will not allow infants to sleep in swings or bouncy seats. Should they fall asleep in such equipment, we will immediately move them to their assigned crib or playpen. We will also limit each child's time in each to 15 minutes, twice per day.

Per Missouri licensing law, staff have completed the required training on infant sleep based on the AAP safe sleep guidelines. This training is required for every 3 years of employment, and within 30 days of employment for new staff. This requirement does apply to all staff in the center, regardless of the age taught.

A copy of these policies are also posted in the classroom, as well as provided to each parent upon their child's enrollment, and by request. For more information, you can visit [www.nichd.nih.gov/SIDS](http://www.nichd.nih.gov/SIDS).

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_