



# Safe Infant Sleep in Child Care

Providing infants with a safe place to grow and learn is very important. For this reason, I have created a policy on safe sleep practices for infants up to 1-year-old. I follow the recommendations of the American Academy of Pediatrics (AAP) and the Consumer Product Safety Commission to provide a safe sleep environment and reduce the risk of sudden infant death syndrome (SIDS). SIDS is “the sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation.” Any substitute will follow these same safe sleep guidelines.

## Sleep Position:

Infants will be placed flat on their backs to sleep every time unless there is a physician, practitioner or clinician signed sleep position medical waiver up to date on file.

Infants will not be placed on their side for sleep.

Devices such as wedges or infant positioners will not be used since such devices are not proven to reduce the risk of SIDS.

Infants who use pacifiers will be offered their pacifier when they are placed to sleep, and it will not be put back in should the pacifier fall out once they fall asleep.

Pacifiers will be cleaned between each use, checked for tears, and will not be coated in any sweet or other solution.

Parents are asked to provide replacement pacifiers on a regular basis.

While infants will always be placed on their backs to sleep, when an infant can easily turn over from back to front and front to back, they can remain in whatever position they prefer to sleep.

## Sleep Environment:

1. Our program will use Consumer Product Safety Commission guidelines for safety-approved cribs and firm mattresses.

Crib slats will be less than  
2 3/8” apart

Infants will not be left in bed with drop side down

Playpen weave will be less than 1/4”

2. Consumer Product Safety Commission safety-approved cradles and bassinets may also be used for sleeping if the infant meets the weight and height requirements.
3. Infants will not be placed to sleep on any standard bed, waterbeds, couches, air mattresses, or on other soft surfaces.
4. Only one infant will be placed to sleep in each crib. Siblings, including twins and triplets, will be placed in separate cribs.
5. The crib will have a firm tight fitting mattress and will be free from blankets, loose bedding, toys, and other soft objects (i.e., pillows, quilts, comforters, sheepskins, stuffed toys, etc.)
6. To avoid overheating, the temperature of the rooms where infants sleep will be checked and will be kept at a level that is comfortable for a lightly clothed adult.
7. Sleep clothing, such as sleepers, sleep sacks, and wearable blankets, may be used as alternatives to blankets, as long as the infants arms are not restrained.
8. Bibs and pacifiers will not be tied around an infant’s neck or clipped on to an infant’s clothing during sleep.
9. Smoking will not be allowed in the home or near any areas that child care takes place.

**Supervision:**

When infants are in their cribs, they will be within sight and hearing at all times.

I will visibly check on the sleeping infants frequently.

When an infant is awake, they will have supervised “tummy time.” This will help babies strengthen their muscles and develop normally.

Infants will spend limited time in car seats, swings, and bouncer/infant seats when they are awake.

**Training:**

Any substitute will be trained on safe sleep policies and practices.

I will be taking a training class specific to these policies each year for review and updates on any new information or changes recommended for safe sleep practices. All information will be reviewed with any substitute before he/she is allowed to care for infants.

All substitutes will review procedures regarding first aid for unresponsive infants as well as what to do when they have a question or need assistance before they are allowed to care for infants.

**When The Policy Applies:**

This policy applies to myself, any substitute, and any parent when they place an infant to sleep in my home.

**Communication Plan for Staff and Parents:**

Parents will review this policy when they enroll their child in **CONNECTIONS Early Learning and Development LLC** and a copy will be provided in the parent handbook. Parents are asked to follow this same policy when the infant is at home. These policies will be posted in prominent places.

Information regarding safe sleep practices, safe sleep environments, reducing the risk of SIDS in child care as well as other program health and safety practices will be shared if any changes are made. A copy will also be provided in the staff handbook.

**Any individual who has questions may ask:**

Program Contact: **Kerry Aldrich**

**Child’s Name** \_\_\_\_\_ **DOB:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Signed by Provider:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**This policy is effective \_\_\_\_/\_\_\_\_/\_\_\_\_ and will be reviewed annually by \_\_\_\_/\_\_\_\_/\_\_\_\_ or sooner if needed. Parents and any substitute will be notified of any upcoming policy review.**

*The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.*