

Infant Safe Sleep Policy (Revised)



Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined based on an autopsy, an investigation of the place where the infant died, and a review of the infant's medical history.

We believe that a safe sleep environment for infants helps lower the chances of an infant dying from SIDS, and that parents and child care providers can work together to provide a safe sleep environment. According to N.C. Law G.S. 100-91 (15), child care providers caring for infants 12 months of age or younger, are required to implement a safe sleep policy, share the safe sleep policy with parents/guardians, and participate in Infant-Toddler Safe Sleep and SIDS Risk Reduction in Child Care training.

Safe Sleep Practices

1. All child care staff caring for infants and child care staff that may potentially care for infants will receive training on how to implement our infant Safe Sleep Policy.
2. Infants will always be placed on their **backs to sleep**, unless there is a signed *Alternate Sleep Position Waiver*- Health Care Professional Recommendation in the infant's file. A waiver notice will be posted at the infant's crib/portable crib or bassinet. This facility **does** accept *Alternate Sleep Position Waiver* - Parent Request. Medical waivers will be retained in the children's record as long as they are enrolled.
3. When babies can easily turn over from the back to the stomach, they will be placed to sleep on their backs and then allowed to adopt the sleep position they prefer. This is in accordance with the American Academy of Pediatrics (AAP) recommendations. Child care staff can further discuss with parents how to address circumstances when the baby turns onto their stomach or side.
4. Sleeping infants will be visually checked daily, every 15 minutes, by assigned staff. The sleep information will be recorded on a Sleep Chart. The Sleep Chart will be kept on file for one month after the reporting month. We will be especially alert to monitoring a sleeping infant during the first weeks the infant is in child care. We will check the infant for:
 - Normal skin color
 - Normal breathing by watching the rise and fall of the chest
 - His or her level of sleep
 - Signs of overheating: flushed skin color, increase in body temperature (touch the skin), and restlessness
5. Staff will reduce the risk of overheating by not over-dressing or over-wrapping the infants. No items such as; loose clothing and bibs will be placed in the crib.
6. All parents/guardians of infants cared for in the facility will receive a written copy of our Infant/Toddler Safe Sleep Policy before enrollment, will review the policy with staff, and sign a statement saying they received and reviewed the policy.
7. The temperature in the room where the infant(s) sleep will be kept between 68-75°F.
8. To promote healthy development, awake infants will be given supervised "tummy time" for exercise and for play.

Safe Sleep Environment

9. No blankets, loose bedding, pillows, bumper pads, wedges, towels, etc. will be used in cribs.
10. Toys and stuffed animals are not allowed in cribs.
11. Pacifiers will be allowed in infants' cribs while they sleep. When the pacifier falls out of the sleeping infant's mouth, it will not be reinserted into the infant's mouth. The pacifier is the only object we will allow in a crib. Items such as pacifier cords/clips/hooks, Wubbanubs, etc. may not be attached to the pacifier while in the crib.
12. A safety-approved crib/portable crib/bassinet with a firm mattress and tight-fitting sheet will be used.
13. When children fall asleep in sitting devices such as a swing, car seat, bouncy seat or other device they shall be moved to a crib immediately.
14. Each infant will sleep in his or her own crib/portable crib/bassinet. Only one infant will be in a crib/portable crib/bassinet at a time, unless we are evacuating infants in an emergency.
16. No smoking is permitted in the infant room, on the premises, and by any teacher who works in the infant room.
17. Swaddling is not allowed in licensed child care facilities.

Distribution: Parents and staff will review the policy and be informed of changes 14 days before the effective date. One copy signed by parent(s)/guardian(s) will be given to parent(s)/guardian(s) and one copy will be kept in child's facility record.

Effective date(s):

Review date(s):

Revision(s): #1

References: N.C. Law G.S. 100-91 (15), N.C. Child Care Rules .0606 and .1724

I, the undersigned parent or guardian of _____ (child's full name), do hereby state that I have read and received a copy of the facility's Infant/Toddler Safe Sleep Policy and that the facility's director/ owner/operator (or other designated staff member) has discussed the facility's Infant/Toddler Safe Sleep Policy with me.

Date of Enrollment: _____ Signature of Parent /Guardian: _____ Date: _____

Signature of Child Care Provider: _____ Date: _____