



Infant Sleep for Child Care Providers

Intent Statement

Nationally, the leading cause of death for infants between 1 month and 12 months is SIDS, and about 4,000 infants die unexpectedly during sleep time, from SIDS, accidental suffocation, or unknown causes. When safe sleep practices are used consistently, infants are less likely to die of sleep related deaths. This child care policy is consistent with recommendations of the American Academy of Pediatrics (AAP) infant safe sleep policy statement. It is intended to reduce the risk for sleep related infant deaths in our child care facility.

Procedure and Practice

- Infants (age 0-12 months) will be placed flat on their backs on a firm sleep surface to sleep every time unless the child has a signed wavier up-to-date on file from a **physician** specifying otherwise; the wavier must be in the infant's file and should identify the medical condition that prevents the infant from being placed on his/her back.
- Infants will not be placed on their side to sleep.
- Infants will sleep alone.
- Devices such as wedges or infant positioners will not be used.
- Infants who use pacifiers will be offered their pacifier when they are placed to sleep and pacifier will not be put back in the child's mouth once they fall asleep. Pacifier clips or attachments should not be used.
- While infants will always be placed on their backs to sleep, once they can easily turn over from back to front and front to back, they will be allowed remain in whatever position they prefer to sleep.
- The crib will be made of wood, metal or plastic and meet current recommended US Consumer Product Safety Commission (USCPSC), American Society for Testing and Materials (ATSM) and American Academy of Pediatrics safety standards. The crib will be frequently inspected. Each crib will be identified by brand, type, and/or product number and relevant product information should be kept on file (with the same identification number information) as long as the crib is used or stored in the facility.
- Cribs will be placed away from window blinds or draperies and nothing will be hung on the crib.
- As soon as the child can stand up, the mattress will be adjusted to its lowest position. Once a child can climb out of a crib, the child will be moved to a cot or mat for sleep.
- Infants will not be allowed to sleep in car seats or other equipment, e.g., swings, bouncy seats. If the infant falls asleep in anything other than their crib, the infant will be placed in a crib to sleep.
- The mattress will fit snugly in the crib and a tight fitting sheet around the mattress will be used.

- Cribs will be free from all loose bedding, blankets, quilts, soft pillows, toys, infant monitors, cords, and bumper pads. There will be nothing in the crib but the baby and pacifier.
- Infants will not be swaddled. Swaddling infants in the child care setting is not necessary or recommended. There is evidence that swaddling can increase the risk of serious health outcomes, including SIDS.
- A minimum of three feet will be maintained between cribs.
- Infants will be dressed to avoid getting overheated. Bibs, necklaces, hats, and garments with ties or hoods will not be permitted for sleep.
- Cribs will be used for sleep purposes only and no child of any age will be placed in a crib for time- out or disciplinary reasons.
- Infants will be observed by sight and sound at all times, including when they are going to sleep, sleeping, or in the process of waking up.
- Infant will not sleep with a bottle.
- Infants will receive all recommended immunizations.
- The opportunity for “tummy time” will be provided for infants **when they are out of the crib, awake and being closely supervised.**

Applicable

This policy applies to all staff, substitute staff, parents, and volunteers when they place an infant to sleep.

Communication

Parents will review this policy upon application and a copy will be provided in the parent handbook. Parents are asked to follow these same practices when the infant is at home as the risk of sleep related deaths decreases when consistent safe sleep practices are used. A copy will also be provided in the staff handbook.

References

APHA & AAP (American Public Health Association & American Academy of Pediatrics). 1992. *Caring for our children-National health and safety performance: Guidelines for out-of-home child care programs, Third Edition* Washington DC: APHA. <http://nrc.uchsc.edu>

US Consumer Product Safety Commission <http://www.cpsc.gov/info/cribs/regulations.html>

Eunice Kennedy Shriver National Institute of Child Health and Human Development Safe to Sleep Public Education Campaign <http://www.nichd.nih.gov/sts/Pages/default.aspx>

Kentucky Child Care Health Consultation Program <http://cchckentucky.org>

Reviewed by:

Director/Owner

Board Member

CCHC/Health Professional

Staff Member/Infant Room Teacher

Parent/Guardian

Effective Date/Review date

This policy is effective immediately. It will be reviewed yearly by the center director.