

## Infant/Toddler Safe Sleep Policy

Revised: 5/4/18

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. The Children's Campus will implement the following safe sleep practices.

### 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 (Medical Waiver)* or an *Alternate Sleep Position Waiver – Parent Request* (for infants older than 6 months) in the infant's file. A waiver notice will be posted at the infant's crib. Waivers will be retained in the children's record as long as they are enrolled. Parents of infants over the age of 6 months who request a waiver will be advised by the director about best safe sleep practices prior to filling out the waiver form.
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.
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 and monitored by the thermometer kept in the infant sleeping room.
8. To promote healthy development, awake infants will be given supervised "tummy time" for exercise and for play.

### Safe Sleep Environment

9. Infants' heads will not be covered with blankets or bedding. Infants' cribs will not be covered with blankets or bedding. We may use a sleep sack instead of a blanket. This facility does not allow swaddling practices.
10. No loose bedding, blankets, pillows, bumper pads, etc. will be used in cribs.
11. Toys and stuffed animals will be removed from the crib when the infant is sleeping.
12. Pacifiers without attachments will be allowed in infants' mouths while they sleep. When the pacifier falls out of the sleeping infant's mouth, it will not be reinserted into the infant's mouth and will be removed from the crib.
13. A safety-approved crib with a firm mattress and tight fitting sheet will be used or from 6 months old or when developmentally we may transition to a 2 inch mat.
14. Each infant will be assigned to and sleep in his or her own crib or mat. Only one infant will be in a crib/mat at a time, unless we are evacuating infants in an emergency or drill.
15. Infants who fall asleep in a bouncer seat or on the floor will be immediately placed in their crib or mat to continue their rest time.
16. No smoking is permitted in the infant room or on the premises.

**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.

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 Child's Enrollment: \_\_\_\_\_ Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature of Child Care Provider: \_\_\_\_\_ Date: \_\_\_\_\_