

Infant/Toddler Safe Sleep Policy

Date Adopted: June 1, 2012

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 baby died and a review of the baby's clinical history. Child care providers can maintain safer sleep environments for babies that help lower the chances of SIDS. N. C. law requires that child care providers caring for children 12 months of age or younger, implement a safe sleep policy, share the information with parents and participate in training. In the belief that proactive steps can be taken to lower the risks of SIDS in child care and that parents and the child care providers can work together to keep babies safer while they sleep, this facility will practice the following safe sleep policy:

Safe Sleep Practices:

- All child care staff working in this room, or child care staff who may potentially work in this room, will receive training on our infant Safe Sleep Policy.
- Infants will always be placed on their backs to sleep, unless there is a signed sleep position medical waiver on file. In that case, a waiver notice will be posted at the infant's crib and the waiver filed in the infant's file.
- The American Academy of Pediatrics recommends that babies are placed on their back to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep.
- We will follow this recommendation by the American Academy of Pediatrics. However, child care staff can further discuss with parents how to address circumstances when the baby turns onto their stomach or side.
- **Visually checking sleeping infants.** Sleeping infants will be checked daily, every 15-20 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 to see if the infant's skin color is normal, watch the rise and fall of the chest to observe breathing, and look to see if the infant is sleeping soundly. We will check the infant for signs of overheating, including: flushed skin color, body temperature by touch, and restlessness.**
- Steps will be taken to keep babies from getting too warm or overheating by regulating the room temperature, avoiding excess bedding, and not over-dressing or over-wrapping the baby.

Safe Sleep Environment:

- Room temperature will be kept between 68-75° F and **a thermometer kept in the infant room.**
- No loose bedding or pillows will be used in cribs. Infants 12 months and younger must sleep in a sleep sack and are not allowed a blanket with them in the crib. Toddlers 13 months and older are permitted to sleep with a blanket and staff will tuck blanket tightly in to the foot and sides of the crib after children are asleep.
- Toys and stuffed animals will be removed from the mattress when the infant is sleeping. **Pacifiers are allowed.**
- A safety-approved firm mattress and tight-fitting sheet will be used.
- Only one infant will be on a mattress at a time, unless we are evacuating infants in an emergency crib.
- No smoking is permitted in the infant room or on the premises. No tobacco products are allowed by Preschool of the Arts employees or visitors anywhere at any time on the premises to avoid second hand smoke contamination.
- All parents/guardians of infants cared for in the infant room will receive a written copy of our Infant/Toddler Safe Sleep Policy before enrollment.
- **To promote healthy development, awake infants will be given supervised "tummy time" for exercise and play.**

Best Practices:

- All staff will participate in *Responding to an Unresponsive Infant* practice drill during CPR and First Aid training renewals.

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: _____

Distribution: one signed copy to parent(s)/guardian(s); signed copy in child's facility record.