

Safe Infant Sleep in Child Care

St. Peter's Child Development Center

Providing infants with a safe place to grow and learn is very important. For this reason, St. Peter's Child Development Center has created a policy on safe sleep practices for infants up to 1-year-old. We 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 (SIDS) sudden infant death syndrome. SIDS is "the sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation." The staff, and substitute staff, at St. Peter's Child Development Center follow the AAP safe sleep policy.

Sleep Position:

- Infants will be placed in their crib, 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. In the case of a waiver, a waiver notice will be posted at the infant's crib without identifying medical information. The full waiver will be kept in the infant's 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.
- Studies show that pacifiers can 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 two labeled pacifiers that will remain at the center. No attachments, clips or pins will be allowed on the pacifier
- 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:

- Our program will use Consumer Product Safety Commission guidelines for safety-approved cribs and firm mattresses.
- Infants will not be placed to sleep on any standard bed, waterbeds, couches, air mattresses, or on other soft surfaces.
- Infants will sleep in crib only, not in car seats, swings or bouncy seats.
- Only one infant will be placed to sleep in each crib. Siblings, including twins and triplets, will be placed in separate cribs.
- The crib will have a firm tight fitting mattress covered by a fitted sheet and will be free from blankets, loose bedding, toys, and other soft objects (i.e., pillows, quilts, comforters, sheepskins, stuffed toys, etc.)
- Blankets are **NOT** to be used with infants while they are lying or playing on the floor, bouncy seat or any other device that is used for support.
- No covering such as a hood or bib will be on the infant when they are placed in the crib to sleep.

- **No sleep sacks are allowed**, however a one-piece sleeper may be used.
- Smoking will not be allowed in or near St. Peter’s Child Development Center.
- To avoid overheating, the temperature of the rooms where infants sleep will be well ventilated and kept at a comfortable temperature setting.

Supervision:

- When infants are in their cribs, they will be within sight and hearing of staff at all times.
- A staff member 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:

- All staff, substitute staff, and volunteers at St. Peter’s Child Development Center will be trained on safe sleep policies and practices.
- Safe sleep practices will be reviewed with all staff, substitute staff, and volunteers each year. In addition, training specific to these policies will be given before any individual is allowed to care for infants.
- Documentation that staff, substitutes, and volunteers have read and understand these policies will be kept in each individuals file.
- All staff, and substitute staff at St. Peter’s Child Development Center will be trained on 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 all staff, substitute staff, and parents, when they place an infant to sleep in St. Peter’s Child Development Center

Communication Plan for Staff and Parents:

Parents will review this policy when they enroll their child in St. Peter’s Child Development Center 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.

I, the undersigned parent/guardian of _____ (child’s full name) do hereby state that I have read and received a copy of the center’s *Infant Safe Sleep Policy* and the center’s director, or other designated faculty member, has discussed the *Infant Safe Sleep Policy* with me.

Date Infant First Attended Center: _____

Signature of Parent/Guardian: _____ Date: _____