

INFANT SAFE SLEEP POLICY

Facility Name: Elite Little's Christian Academy

Facility DVN: 003053092

Date Adopted: 01/24/2025

Purpose: The purpose of the Safe Sleep Policy is to maintain a safe sleep environment that reduces

the risk of sudden infant death syndrome (SIDS) and sudden unexpected infant deaths (SUIDS) in

children less than one year of age. Missouri law (§ 210.223.1, RSMo.) requires all licensed childcare

facilities that provide care for children less than one year of age to implement and maintain a written safe

sleep policy according to the most recent safe sleep recommendations of the American Academy of

Pediatrics (AAP). Missouri childcare licensing rules require licensed childcare facilities to provide

parent(s) and/or guardians(s) with infants in care a copy of the facility's safe sleep policy. Sudden infant

death syndrome is the sudden death of an infant less than one year of age that cannot be explained after

a thorough investigation has been conducted, including a complete autopsy, an examination of the death

scene, and a review of the clinical history. Sudden unexpected infant death is the sudden and unexpected death of an infant less than one year of age in which the manner and cause of death are not immediately obvious before investigation. Causes of sudden unexpected infant death include, but are not limited to, metabolic disorders, hypothermia or hyperthermia, neglect or homicide, poisoning, and accidental suffocation. Childcare providers can maintain safer sleep environments for infants that help lower the chances of SIDS. Our goal is to take proactive steps to reduce the risk of SIDS in child care and to work with parents to keep infants safer while they sleep. To do so, this facility will practice the following safe sleep policy:

Safe Sleep Practices

- 1. Infants, less than one (1) year of age, will always be placed on their backs to sleep. When, in the opinion of the infant's licensed health care provider, an infant requires alternative sleep positions or special sleeping arrangements, the provider must have on file at the facility written instructions, signed by the infant's licensed health care provider, detailing the alternative sleep positions or special sleeping**

arrangements. Caregivers will put the infant to sleep as specified in the written instructions.

2. When infants can easily turn from their stomachs to their backs and from their backs to their

stomachs, they shall be initially placed on their backs but shall be allowed to adopt whatever positions

they prefer for sleep. The American Academy of Pediatrics recommends that infants are placed on their

backs to sleep, but when infants can easily turn over from their back to their stomach, they may adopt

whatever position they prefer for sleep. We will follow this recommendation by the American Academy of

Pediatrics.

3. Sleeping infants shall have a supervised nap/sleep period. The caregiver shall be positioned where

he or she can hear and see the infant. The caregiver shall physically check on the infant frequently

during napping or sleeping and shall remain in close proximity to the infant in order to hear and see them

if they have difficulty during napping/sleeping or when they awaken.

4. Equipment such as a sound machine, that may interfere with the caregiver's ability to see or hear a

child who may be distressed, is prohibited.

5. Steps will be taken to keep infants from overheating by regulating the room temperature, avoiding excess bedding, and not over-dressing or over-wrapping the infant. Infants should be dressed appropriately for the environment, with no more than one (1) layer more than an adult would wear to be comfortable in that environment. Caregivers will conduct physical checks of the infant to ensure the infant is not overheated or distressed.

6. The lighting in the room must allow the caregiver/teacher to see each infant's face, view the color of the infant's skin, and check on the infant's breathing and placement of the pacifier (if used).

7. All caregivers will receive in-person or online training on infant-safe sleep based on AAP safe sleep recommendations. This training must be completed within 30 days of employment or volunteering and will be completed every three years.

Safe Sleep Environment

1. Room temperature will be kept at no less than 68°F and no more than 85°F when measured two feet from the floor. Infants are supervised to ensure they are not overheated or chilled.

- 2. Infants' heads and faces will not be covered during sleep. Infants' cribs will not have blankets or bedding hanging on the sides of the crib. We may use sleep clothing (i.e. sleep sacks, sleepers) that is designed to keep an infant warm without the possible hazard of covering the head or face during sleep/nap time.**
- 3. No blankets, loose bedding, comforters, pillows, bumper pads, or any object that can increase the risk of entrapment, suffocation or strangulation will be used in cribs, playpens or other sleeping equipment.**
- 4. Toys and stuffed animals will be removed from the crib when the infant is sleeping. When indicated on the Infant and Toddler Feeding and Care Plan or with written parent consent, pacifiers will be allowed in infants' cribs while they sleep. The pacifier cannot have cords or attaching mechanisms.**
- 5. Only an individually assigned safety-approved crib, portable crib, or playpen with a firm mattress and tight-fitting sheet will be used for infant napping or sleeping.**
- 6. Only one infant may occupy a crib or playpen at one time, unless in an active evacuation of the building.**

7. Sitting devices such as car safety seats, strollers, swings, infant carriers, infant slings, and other

sitting devices will not be used for sleep/nap time. Infants who fall asleep anywhere other than a crib,

portable crib, or playpen must be placed in the crib or playpen for the remainder of their sleep or nap

time.

8.No person shall smoke or otherwise use tobacco products in any area of the childcare facility during

the period of time when children cared for under the license are present.

9. Home monitors or commercial devices marketed to reduce the risk of Sudden Infant Death Syndrome

(SIDS) shall not be used in place of supervision while children are napping and sleeping.

10. All parents/guardians of infants shall be informed of and given the facility's written Safe Sleep Policy

at enrollment.

11.To promote healthy development, infants who are awake will be given supervised "tummy time" for

exercise and for play.

By signing the safe sleep practice, you are acknowledging that you understand, and agree with outlined

practices and have received a copy of this multi-page document.

Staff Signature

Date

Parent Signature

Date