



Infant Safe Sleep in Child Care Policy

All staff, substitute staff, and volunteers at _____ (name of child care business) follow the safe sleep recommendations of the American Academy of Pediatrics (AAP) and the Consumer Products Safety Commission (CPSC) for infants to reduce the risk of Sudden Infant Death (SIDS). SIDS is the sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation.

- Infants will always be put to sleep on their backs.
- Infants will be placed on a firm mattress, with a tight fitted sheet, in a crib that meets the CPSC federal requirements CFR 1219 for full-size cribs and CFR 1220 for non-full size cribs.
- No toys, soft objects, stuffed animals, pillows, bumper pads, blankets, quilts, sheepskins or loose bedding will be in the crib or draped over the crib.
- Devices such as wedges or infant positioners will not be used. The AAP has found no evidence that these devices are safe and their use may increase the risk of suffocation.
- Sleeping areas will be ventilated and at a temperature that is comfortable for a lightly clothed adult.
- If extra warmth is needed, sleep clothing _____ (insert type of sleep clothing that will be used i.e.: sleepers, footed pajamas) will be used as an alternative to blankets.
- Only one infant will be placed in a crib to sleep.
- No crib toys, mobiles, or musical/night light crib attachments will be used in the crib.
- Infants may use a pacifier during sleep. It may not be attached to the infant's clothing by a string, cord, or other attaching mechanism that might be a strangulation risk.
- If the infant falls asleep anyplace other than a crib (i.e.: bouncy chair, while being held, or arrives to care asleep in a car seat) the infant will be moved to a crib immediately.
- Our child care program is smoke free and smoking is not allowed in Iowa child care businesses.
- Sleeping infants will be actively observed by sight and sound.
- When infants are able to roll back and forth from front to back, the infant will be placed on their back for sleep and allowed to assume a preferred sleep position.
- Awake infants will have supervised "tummy time" several times daily. This will help strengthen their muscles and develop normally.

Parents will review this policy upon enrolling their infant at _____ (name of child care business) and a copy is provided in the parent handbook. A parent brochure about safe sleep and reducing the risk of SIDS "Safe Sleep for Iowa Babies" is available.

This policy is effective on _____ (date)

Child's Name: _____

Signed By: _____ (director/owner)

(Staff Member)
(Parent)

Resources:

<http://www.healthychildren.org/English/family-life/work-play/Pages/A-Child-Care-Provider's-Guide-to-Safe-Sleep.aspx>

Safe Sleep for Iowa Babies brochure is available at www.iowasids.org 866-480-4741

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