

The Learning Center Infant/Toddler Safe Sleep Policy

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. Childcare providers can maintain safer sleep environments for babies that help lower the chances of SIDS. N.C. law requires that childcare providers caring for children 12 months of age or younger, implement a safe sleep policy, share this information with parents, and participate in training. In the belief that proactive steps can be taken to lower the risks of SIDS in childcare and that parents and childcare providers can work together to keep babies safer while they sleep, this facility will practice the following *Safe Sleep Policy*.

Safe Sleep Practices: Infants (13 months and younger) shall always be placed on their backs to sleep unless there is a signed, sleep position medical waiver on file. In that case, a notice will be posted for quick reference near the infant's crib, bassinet, or playpen.

Rolling over is a developmental milestone for babies. Healthy babies begin to roll over from 4-7 months of age and gain increasing control over their own movement and coordination as part of their normal development. By seven months, healthy babies can roll from their stomachs and vice-versa whether awake or asleep.

The American Academy of Pediatrics and National Resource Center for Health and Safety in Child Care recommend babies be placed on their backs to sleep, but when babies can easily turn over from their back to their stomach, they be allowed to adopt whatever position they prefer for sleep. This facility will follow these guidelines that allow a baby who can roll over to assume the position they prefer for sleeping.

Child Care Providers Shall:

- Always place an infant 12 months and younger flat on his/her back to sleep unless a medical condition exists which warrants stomach or side sleeping. In this case, a sleep position medical waiver form, complete with the child's name and birth date, signature of the child's physician and parent, must be completed and placed in the child's file. A copy of this waiver shall be posted for quick reference near the infant's crib, bassinet, or playpen and shall specify the infant's authorized sleep positions.
- Document the first observation that a baby has rolled over from his/her back to the stomach while sleeping. Record the date and time the baby rolled over and who made the observation.
- Inform appropriate staff. It is important that caregivers communicate about a baby's sleep position; particularly if there has been a change in the way a baby is sleeping. All staff, including substitutes and volunteers caring for babies 12 months of age or younger shall be alerted about a baby's ability to roll. A notice shall also be posted on the infant's crib.
- Inform parents about their baby rolling over on the day that the behavior was first observed. Parents shall sign a notice confirming they are aware that their child is now rolling over.

This notice shall also remind the parent that staff shall continue to initially place babies 13 months of age or younger on the back; however, if the child rolls over in his/her sleep, they will be allowed to remain in that position. Parents should advise the facility when the baby begins to roll over at home.

- Check sleeping infants at least every 15 minutes for the rise and fall of the infant's chest signifying regular breathing and ensure that the child has not become overheated. The provider shall document the visual check on the Safe Sleep Visual Check Sheet. The Safe Sleep Visual Check Sheet must be maintained for a minimum of thirty days. Newly enrolled infants in the facility shall even be checked more frequently due to a greater risk of SIDS during the first weeks of enrollment.
- While awake, each child under the age of twelve months shall be given the opportunity to play each day while positioned on his or her stomach.

Safe Sleep Environment:

- 1) Steps shall be taken to keep babies from getting too warm or overheated by regulating room temperature, avoiding over-dressing or over-wrapping the baby.
- 2) Room temperatures shall not exceed 75 degrees F.
- 3) Infant's face or head shall not be covered with blankets, bedding, or other objects at any time.
- 4) No loose bedding, pillows, blankets, or bumper pads will be used in the sleeping unit. Sleep sacks may be used as long as arms are left outside the sack and are not tucked in
- 5) Toys and stuffed animals shall be removed from the crib when the infant is sleeping with the exception of mobiles and toys that hang from the crib.
- 6) Mobiles will be removed from cribs when infants are able to pull up to a standing position.
- 7) Only a safety-approved crib with a firm mattress and tight fitting sheet, bassinet, or playpen will be used for sleeping.
- 8) Pacifiers with attached strings and bibs shall not be permitted while the infant is sleeping.
- 9) Only one infant will be in a crib at a time, unless we are evacuating infants in an emergency.

I, the undersigned parent or guardian of _____ (infant's full name) do hereby state that the facility's administrator has reviewed and discussed this *Infant/Toddler Safe Sleep Policy* with me and I have received a copy on _____ (date given).

Signature of Parent or Guardian _____ Date _____

Signature of Child Care Provider _____ Date _____

All parents/guardians of infants cared for in the Infant Rooms shall receive a written copy of our *Infant/Toddler Safe Sleep Policy* and shall sign acknowledging receipt and explanation on or before the first day the infant attends the facility. The center director and anyone working in an Infant Room shall complete ITS-SIDS training within four months of assuming responsibilities in the Infant Room or as an administrator. A copy of this *Safe Sleep Policy* or a poster about safe sleep practices shall be posted in a prominent place in the infant sleeping area. Parents of children ages birth through twelve months shall receive written notice of any amendments to this policy at least fourteen days before the amended policy is implemented.