

Area: Health Services

Subject: HS48 – Safe Sleep for Infants

Reference: Licensing (Temp. 101239(a)(1)/101439.1)

Policy: Infant/Toddler programs will follow safe sleep recommendations per the American Academy of Pediatrics for infants to reduce the risk of Sudden Infant Death Syndrome (SIDS), Sudden Unexpected Infant Death (SUID), and the spread of contagious diseases.

Procedure:

1. Infants will always be put to sleep on their backs.
2. Infants will be placed on a firm mattress, with a fitted crib sheet, in a crib that meets current Consumer Product Safety Commission safety standards.
3. No toys, soft objects, stuffed animals, pillows, bumper pads, blankets, positioning devices or extra bedding will be in the crib or draped over the side of the crib.
4. Sleeping areas will be ventilated and at a temperature that is between 68°F and 85°F.
5. Do not allow the infant to overheat. Infants should be dressed in only one layer of clothing with the fabric thickness reflective of the temperature of the room (ie: thicker clothes for temperatures at 68°F, thinner fabric for temperatures closer to 85°F).
6. The infant's head will remain uncovered for sleep. Bibs and hoods will be removed.
7. Sleeping infants will be regularly observed by sight and sound.
8. Infants will not be allowed to sleep on a couch, chair cushion, bed, pillow, or in a car seat, swing. If an infant falls asleep anyplace other than a crib, the infant will be moved to a crib right away.
9. An infant who arrives asleep in a car seat will be moved to a crib.
10. Infants will not share cribs, and cribs will be spaced 3 feet apart.
11. Infants may be offered a pacifier for sleep, if provided by the parent.
12. Pacifiers will not be attached by a string to the infant's clothing and will not be reinserted if they fall out after the infant is asleep.
13. When able to roll back and forth from back to front, the infant will be put to sleep on his back and allowed to assume a preferred sleep position.
14. In the rare case of a medical condition requiring a sleep position other than on the back, the parent must provide a signed waiver from the infant's physician.
15. At no time shall any child be exposed to tobacco or other kinds of smoke.

HDAC approved 6/15/12

Supervised by: Site Supervisors, Grantee and Delegate Monitors

Performed by: Primary Caregivers and Family Child Care Home Providers

Forms needed: Site visit reports – during monitoring only

Frequency: Daily – procedure followed