
**Technical Assistance Bulletin for Large Family Child Care Providers
Safe Sleep Environment for Infants**

RULE CHANGE: Rule 385 B is no longer valid. Use of a blanket while an infant is sleeping in a crib must be discontinued immediately.

Rule 383 in *DELACARE: Rules for Large Family Child Care Homes* states: “The Licensee shall use safe sleep practices for infants (children under twelve (12) months of age) as recommended by the American Academy of Pediatrics...”

The American Academy of Pediatrics recommends that all blankets be removed from an infant’s crib while sleeping. **As a result, DELACARE Rule 385 B is no longer a valid practice and must be discontinued immediately.** (Rule 385 B, which is now invalid states, “Use a thin blanket placed at the foot of the crib, tucked around the mattress or pad, reaching only as far as the infant’s chest, and making sure the infant’s head remains uncovered during nap/sleep.”)

The Office of Child Care Licensing would like to remind you of *DELACARE* Rules that, if followed, help to create a safe sleep environment for infants while in child care. These rules include:

- 376. The Licensee shall ensure that each child under eighteen (18) months of age and not walking shall nap/sleep in a crib, port-a-crib, or playpen.
- 383. The Licensee shall ensure staff members use safe sleep practices for infants (children under twelve (12) months of age) as recommended by the American Academy of Pediatrics....
- 383 A. Soft surfaces such as soft mattresses, pillows, sofas and waterbeds shall be prohibited as sleeping surfaces.
- 383 H. All items shall be removed from the crib, port-a-crib, or playpen when an infant is in the crib or play pen....
- 384. A Licensee shall ensure that staff members place an infant on his/her back when putting the infant down to nap/sleep.
- 385. The Licensee shall ensure staff members use the following options when keeping an infant warm while in a crib, port-a-crib, or playpen:
 - A. Use a blanket sleeper that is worn by the infant while napping/sleeping. Such blanket sleepers may be worn separately or on top of other clothing as long as the blanket sleeper fits comfortably (is not too big or small), and the infant does not get overheated.

B. No longer valid.

386. The Licensee shall ensure that a written record is kept by a staff member documenting the infant was monitored at least every thirty (30) minutes when placed in the crib, port-a-crib, or playpen to nap/sleep to observe the infant for normal breathing.

More infants 1-12 months old die unexpectedly during sleep than from any other type of injury but child care providers can save lives by eliminating risks in their program. The sleep surface for infants should be firm and flat with no bumpers and pillows.

In addition, car seats are designed for crash safety, not for sleep safety. Child care providers must not leave sleeping infants in car seats or other sitting devices, such as swings. (See Rule 376.)

Child care should be a safe place for all children. Please share this information with anyone who provides care to these vulnerable children.