



SAFE SLEEP PRACTICES FOR INFANTS

***Must be reviewed annually**

- SIDS (Sudden Infant Death Syndrome) is the leading cause of death for infants between 1 month and 12 months of age. SIDS occurs quickly during sleep without warning and with no signs of suffering.
- The safest and number one way to reduce the risk of SIDS is to place an infant on its back to sleep for every nap and sleep time. Placing an infant on its stomach increases the risk of aspiration, making it more likely for the infant to choke on vomit.
- Positioning devices should be not used. An exception may be made if the infant's health care provider provides written documentation that the infant's physical or medical condition requires an alternative sleeping position or use of a sleep-positioning device. The health care provider must stipulate the specific sleeping position in which that infant must be placed or stipulate the sleep-positioning device and how to use it.
- Infants should sleep only in safety-approved cribs or pack-and-plays. Crib mattresses must be firm and tight-fitting and covered by a tight-fitting sheet. Infants should not nap or sleep in a car seat, bean bag chair, bouncy seat, infant seat, swing, jumping chair, highchair, chair, futon, or any other type of furniture/equipment that is not safety approved. Soft surfaces, such as soft mattresses, pillows, sofas, and waterbeds, are prohibited as infant sleeping surfaces. If an infant falls asleep in any place that is not a safe sleep environment, the infant should immediately be moved and placed on its back in its crib or pack-and-play.
- Avoid letting the infant get too hot by dressing the infant lightly for sleep. Set the room temperature in a range that is comfortable for a lightly clothed adult. Use one-piece sleepers if warmth is needed.
- Remove bibs, necklaces, and garments with ties or hoods before placing an infant in its crib or pack-and-play.
- Never place two infants in the same crib or pack-n-play.
- Keep soft or loose bedding away from sleeping infants and out of safe sleep environments. Items including, but not limited to the following, are not to be placed in the crib or pack-and-play with an infant: toys, blankets, comforters, pillows, stuffed animals, bumper pads, sheepskins, flat sheets, cloth diapers other than those worn by an infant, etc. Items can impair the infant's ability to breathe if they are close to its face. Attaching toys or objects, such as mobiles or busy boxes, to sleeping or rest equipment is prohibited.
- Written parent/guardian permission is required to swaddle an infant. A swaddle-blanket sleeper must be used when laying a swaddled infant down to sleep.
- Offer pacifiers to reduce the risk of SIDS. Do not force infants to take a pacifier if they refuse it. If a pacifier falls out of a sleeping infant's mouth, remove it from the crib or pack-and-play. It does not need to be re-inserted.
- Directly observe infants by sight and sound at all times, including when they are going to sleep, are sleeping, or are in the process of waking up. The lighting in the room must allow the staff to see each infant's face, to view the color of the infant's skin, and to check on the infant's breathing and placement of the pacifier, if used. A caregiver must be present in each room and should remain alert and actively supervise sleeping infants.
- Perform sleep-observation checks every 30 minutes while an infant is napping or sleeping to make sure the infant is breathing normally and there are no signs of distress. Document these sleep checks.
- Offer infants opportunities to be held upright and to participate in supervised "tummy time" when they are awake. Tummy time strengthens neck, arm, and shoulder muscles and promotes healthy physical and brain development.

Signature of Staff

Date

Signature of Witness

Date