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## Child Care Center

### Safe Sleep Policy

Sudden Unexpected Infant Death (SUID) is the death of an infant younger than 1 year of age that occurs suddenly and unexpectedly. After a full investigation, these deaths may be diagnosed as: suffocation, entrapment, strangulation, SIDS, or previously unknown medical conditions. In some cases, the evidence is not clear or not enough information is available, so the death is considered to be of undetermined cause.

Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant younger than 1 year of age that cannot be explained even after a full investigation that includes a complete autopsy, examination of the death scene, and review of the clinical history.

Research has shown the following steps will lower the risk of SUID and create a safer sleep environment for infants and will be followed by this establishment:

1. All infants 12 months and younger will sleep on their backs for every sleep and nap.
2. All infants 12 months and younger will be placed in a safety approved crib (meets USCPSC standards) that was purchased after June 28, 2011.
3. An infant shall never sleep on the floor, on a piece of furniture or in equipment that is not a safety approved crib. If an infant falls asleep while on the floor, on a piece of furniture or in equipment, the infant will be immediately moved to a safety approved crib.
4. No extra bedding, equipment, or toys will be placed in the crib with a sleeping infant including: blankets, comforters, pillows, bumper pads, wedges, and stuffed animals.
5. The placement of the crib is away from any large objects that could fall or be pulled into the crib and there are no strings or cords that could dangle into the crib.
6. Infants shall be directly observed by sight and sound at all times, including when they are going to sleep, are sleeping, and are in the process of waking up.
7. Infants shall not be swaddled during sleep time, as swaddling can come undone, cause the infant to get overheated, or cause other health related issues such as hip dysplasia.
8. Only one infant shall sleep in a crib at a time.
9. The temperature in the sleeping area shall be comfortable for a lightly clothed adult.
10. The sleeping area is a non-smoking area. Any caregiver who smokes outside of the sleeping area and returns shall wash their hands and change out of their jacket or smock to reduce the risks of second hand smoke.
11. All staff and volunteers working with infants shall have safe sleep training.
12. All staff, volunteers, and parents will sign and receive a copy of the Safe Sleep Policy.
13. All infants will be offered several opportunities each day to have supervised tummy time to strengthen arm, neck, and shoulder muscles.

14. In the rare event that back sleeping is medically inadvisable, the infant's parents will produce a signed waiver from the infant's physician stating the child's diagnosis and the position that is preferred for sleeping.

I, the undersigned parent, or guardian of \_\_\_\_\_, do hereby state that I have read and have received a copy of \_\_\_\_\_ Child Care Center's Infant Safe Sleep Policy and the policy has been discussed with me.

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Child Care Provider: \_\_\_\_\_ Date: \_\_\_\_\_

SAMPLE