



Model Health & Safety Policies

Safe Sleep Policy for Infants in Child Care Programs

All child care providers at _____ [program name] will follow safe sleep recommendations for infants to reduce the risk of Sudden Infant Death Syndrome (SIDS), other sleep-related infant death, and the spread of contagious diseases:

1. Infants will always be put to sleep on their backs until one year of age.
2. Infants will be placed on a firm, flat mattress, with a fitted crib sheet, in a crib that meets the Consumer Product Safety Commission safety standards.
3. No toys, mobiles, 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 comfortable for a lightly clothed adult. Infants will not be dressed in more than one extra layer than an adult.
5. The infant's head will remain uncovered for sleep. Bibs and clothing with hoods or ties will be removed.
6. Swaddling is not allowed in child care, per Child Care Licensing regulations.
7. Infants will be actively observed by sight and sound.
8. Sleeping infants up to 24 months of age will be physically checked every 15 minutes for signs of distress or overheating. The checks will be recorded in a log.
9. Infants will not be allowed to sleep on a sofa/couch, chair cushion, bed, pillow, or in a car seat, stroller, swing or bouncy chair. If an infant falls asleep anywhere other than a crib, the infant will be moved to a crib right away.
10. An infant who arrives asleep in a car seat will be moved to a crib.
11. Infants will not share cribs, and cribs will be spaced 3 feet apart.
12. Infants may be offered a pacifier for sleep, if provided by the parent. 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. Each infant up to 12 months will have an Individual Infant Sleeping Plan (LIC 9227). When the infant is able to roll back and forth from back to front, the parent will update and sign Section C, and parent and provider will sign Section D. Once Sections C and D are filled and signed, the infant will be put to sleep on their back and allowed to assume a preferred sleep position.
14. Our child care program is a smoke-free and vape-free environment.
15. Our child care program supports breastfeeding.
16. Awake infants will have supervised "Tummy Time".



Image from Eunice Kennedy Shriver National Institute of Child Development (NICHD)

References & Resources

Caring for Our Children National Health and Safety Performance Standards at <http://nrckids.org/CFOC/Database/3.1.4.1>

Moon, R., Carlin, R., Hand, I. and The Task Force on Sudden Infant Death Syndrome and the Committee on Fetus and Newborn. (2022). Sleep-Related Infant Deaths: Updated 2022. Recommendations for Reducing Infant Deaths in the Sleep Environment. *Pediatrics*, 150(1): e2022057990. Accessed at <https://publications.aap.org/pediatrics/article/150/1/e2022057990/188304/Sleep-Related-Infant-Deaths-Updated-2022>.

California Department of Social Services (2020). Provider Information Notice 20-24-CCP "Recently Approved Safe Sleep Regulations in Effect." Accessed at <https://www.cdss.ca.gov/Portals/9/CCLD/PINs/2020/CCP/PIN%2020-24-CCP.pdf>

* This policy reflects the safe sleep research as of February 2024