



## 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 1 year of age.
2. Infants will be placed on a firm 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. If additional warmth is needed, a one-piece blanket sleeper or sleep sack may be used.
6. The infant's head will remain uncovered for sleep. Bibs and hoods will be removed.
7. Infants will be actively observed by sight and sound.
8. 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.
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. Our child care program is a smoke-free environment.
15. Our child care program supports breastfeeding.
16. Awake infants will have supervised "Tummy Time".



*Courtesy of the Back to Sleep Campaign, NICHD, NIH, DHHS*

## References & Resources

Caring for Our Children, National Health and Safety Performance Standards, 3rd Edition. <http://nrckids.org/CFOC3/index.html>

American Academy of Pediatrics (AAP). (2016). SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment, and accompanying Technical Report, AAP Task Force on Sudden Infant Death Syndrome, Pediatrics 138 (5): e20162940. <http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938>

Safe Sleep for Infants in Child Care Programs: Reducing the Risk of SIDS and Other Sleep Related Infant Deaths <http://cchp.ucsf.edu/SIDS-Note>

CCHPTummy Time. <http://cchp.ucsf.edu/Tummy-Time-Note>

*\* This policy reflects the safe sleep research as of November, 2016.*