



## ADDISON'S LAW

**Every 15 Minutes,**

- A- All**
- D- Daycare Providers**
- D- Do Visual**
- I- Infant**
- S- Screening**
- O- Observations at**
- N- Naptime**

# Safe Infant Sleep Practices in Child Care

Prepared by ND Child Care Resource & Referral Health Consultant Team

## Place all infants (birth through 12 months) completely flat on their backs on a firm, tight-fitting mattress for sleep in a crib or playpen.

- There is no safe way to elevate the head of the crib or playpen
- ALWAYS place an infant flat on her back for sleep in a crib or playpen, unless it is ordered by a health care provider to do otherwise. It is required to obtain a **written order from the health care provider specifying the medical reason and specific time frame to follow order**, along with written parental permission, to keep in the infant's file and post by infant's crib/playpen. [Safe Infant Sleep Positioning Forms](#) Review both documents with parents periodically. It is also recommended to consult an attorney to discuss the liability risk for you or the child care program. Regardless if you obtain written orders from the health care provider and the parents, you are not required to enroll the infant and follow the alternative sleep position/sleeping surface if you feel uncomfortable.
- ALWAYS place an infant on her back each time you lay her down for sleep. Once an infant can roll from back to front and front to back, the infant can be allowed to remain in the sleep position that she chooses. You do not need to return her to a back sleeping position.
- Waterbeds, couches, soft mattresses, pillows, beanbags, Boppys™, and other soft surfaces should not be used as infant sleeping surfaces.

## Only allow infants to sleep in a crib or playpen approved by the United States Consumer Product Safety Commission. Check [www.cpsc.gov](http://www.cpsc.gov) for recalls.

- Bassinets are not recommended to use in child care. **\*\*As of June 28, 2011, all cribs manufactured and sold must comply with new and improved federal safety standards. By December 28, 2012, child care programs must only use compliant cribs that meet new federal standards. Check [www.cpsc.gov](http://www.cpsc.gov) for details.**

## Until you are able to replace your crib, follow these guidelines:

- If your crib has a drop-side rail, stop using that drop-side function and contact the crib manufacturer to request an immobilizer.
- Check hardware often. Make sure there are no loose, missing, or broken parts.
- Keep drop-side of crib locked in the highest upright position at all times.
- Keep mattress in the lowest position.

- Consider purchasing/using a safety approved playpen instead of a crib.
- If using a playpen:
  - Make sure the model has not been recalled. Visit [www.cpsc.org](http://www.cpsc.org) for updates.
  - Make sure there are no holes in the mesh
  - Frame is sturdy and locks in place
  - Use only the mattress/pad provided by the manufacturer
  - Use the velcro straps provided by the manufacturer to secure the mattress/pad in place
  - Buy playpen without attachments (ex. mobile, changing pad etc.)
  - It is not recommended to use a bassinet insert. If using, remove insert once weight limit is met or infant becomes mobile.

## Do not allow infants to sleep in car seats, swings, and bouncy chairs. Require parents to remove their infant from the car seat when they arrive to child care. See [Safe Infant Sleep Positioning](#)

- When infants sleep in car seats, bouncy chairs, swings, etc., the downward bending of the neck and head compress the airway, thus decreasing the amount of air the infant is able to breathe in.
- Infants sleeping in car seats, swings, or bouncy chairs, also raise a safety concern because the infants are not well protected from the other children's activity in these devices.
- Sleeping in positional devices contribute to positional skull deformities in infants.
- Keeping infants in positional devices delays proper development – infants need to be on the floor to work on their physical development, they need to interact with other children for their social development, and they need to be held for their emotional development.

## Do not attach anything to the crib/playpen

- Do not attach mobiles, mirrors or crib toys to the crib or playpen
- Do not hang blankets or other items on the sides of the crib or playpen.
- Breakable/mesh bumper pads are not allowed.

## Place crib/playpen in a safe location.

- Away from stairs, windows blinds, outlets, heaters, etc.
- Keep everything out of reach (ex. monitor cords, pictures, etc.).
- Do not hang anything heavy on the wall around the crib or playpen.

**Encourage tummy time when infant is awake and supervised.**

- This strengthens neck and shoulder muscles, encourages rolling over and crawling.

**Remove pillows, heavy blankets, fluffy comforters, sheepskins, bumper pads, stuffed toys, and other soft items from the crib.**

**Only use properly fitting FITTED crib or playpen sheets to cover the mattress or pad.**

- Do not use flat sheets, blankets, or fitted sheets that are the wrong size.
- Mattress/pad must maintain shape when fitted sheet is used.

**Blankets are not recommended**

- Ask parents to consider using a sleep sack instead of a blanket. If a swaddler sleep sack is used, it is recommended to discontinue use once the infant starts rolling over.
- If using a blanket, only one blanket is allowed and it must be thin. Place the infant's feet to the foot of the crib/playpen and tuck the blanket in along the sides and foot of the mattress. The blanket should not come up higher than the infant's chest. Arms should be above the blanket.

**Swaddling is not recommended**

- Ask parents to consider using a sleep sack instead of a blanket. If a swaddler sleep sack is used, it is recommended to discontinue use once the infant starts rolling over.
- If parents request that their infant be swaddled, only one thin blanket should be used and it should not come any higher than to the infant's shoulders. Swaddling should be discontinued when an infant starts rolling over.

**Make sure the infant's head remains uncovered during sleep.**

**Don't let the infant overheat during sleep.**

- Infants should not be dressed in more than one extra layer than an adult.
- Signs of overheating: sweating, chest feels hot to touch, flushed cheeks, heat rash, breathing rapidly

**Consider offering a pacifier (with parent's permission) when placing an infant down for sleep.**

- Once infant falls asleep and it falls out, it does not have to be reinserted. Always inspect pacifier for tears.
- Pacifiers should not be tied around an infant's neck or clipped to an infant's clothing.
- No stuffed animals/toys can be attached to the pacifier.

**Remove bibs, necklaces, hooded sweatshirts, and hats before laying infant down for sleeping.**

**Do not let babies sleep or play in a room where smoking is allowed at any time.**

**Keep infants in sight and sound when sleeping. If this is not possible use an infant monitor and conduct frequent visual checks every 10-15 minutes.**

- Lighting in the room must allow you to see the infant's face, to view the color of the infant's skin, to check on the infant's breathing and the placement of the blanket/pacifier (if used), and re-adjust clothing if needed.

**Do not allow infants to share a crib, even if they are siblings or twins.**

- Co-sleeping (infant sleeping in a bed with and adult/child) is also not recommended.

**Know and practice CPR.**

- Know what to do for an unresponsive infant.

**Do not use positioning devices.**

- As of September 2010, the CPSC and FDA warn against the use of positioning devices.
- Written permission from the infant's health care provider is required to use them.

**Encourage regular check-ups and immunizations. Support breastfeeding.**

**Set a policy on infant sleep position.**

- Put your policy in writing and give a copy to parents.
- Make sure parents sign your contract upon enrollment.
- Inform all staff, including substitutes and volunteers, of your policy on the first day of employment/volunteering before they are allowed to care for infants.

**Sources:**

CFOC, 3rd Edition, 2011

CPSC

Policy Statement – SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment", AAP, Pediatrics 2011.

Technical Report - SIDS and Other Sleep Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment" AAP, Pediatrics 2011

Revised 12/12



# Safe Infant Sleep in Child Care

\_\_\_\_\_(INSERT NAME OF THE PROGRAM)\_\_\_\_\_

Ensuring infants are safe while they sleep is very important to our program. For this reason, \_\_\_\_\_(THE PROGRAM)\_\_\_\_\_ has created a policy on safe sleep practices for infant up to 1 year old. We follow the recommendations of the American Academy of Pediatrics (AAP) and the Consumer Product Safety Commission (CPSC) to provide a safe sleep environment and reduce the risk of sudden infant death syndrome (SIDS). SIDS is the "sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation." The staff, substitute staff, and volunteers at \_\_\_\_\_(THE PROGRAM)\_\_\_\_\_ follow the following policy.

## Sleep Position:

- All infants (under one year of age) will be placed completely flat on their backs in a safety approved crib or playpen for sleep unless a written note from the infant's health care provider is provided stating the medical reason and the specific time frame that an alternate sleep position or alternate sleep surface (ex. car seat) is to be followed. Written permission from both parents must also be obtained in order to follow the order. \_\_\_\_\_(THE PROGRAM)\_\_\_\_\_ reserves the right to refuse care if \_\_\_\_\_(THE PROGRAM)\_\_\_\_\_ does not feel comfortable following the order.
- Infants will always be placed completely flat on their backs for sleep. However, when an infant can easily turn front to back and back to front, they can remain in whatever position they prefer to sleep.
- All infants' heads will remain uncovered when sleeping.
- Infants will remain lightly clothed and will not be over-layered to prevent overheating.
- Bibs, necklaces, hooded sweatshirts, and hats will be removed before laying an infant down for sleep.
- Pacifiers will not be tied around an infant's neck or clipped on to an infant's clothing. Pacifiers will be checked for cracks/tears before use.
- Positioning devices or wedges will not be used without a written order from a health care provider.
- Blankets are not recommended. If used, only one thin blanket is allowed.
- Swaddling is not recommended. If swaddled, only one thin blanket will be used no higher than infant's shoulders. Swaddling will be discontinued once the baby starts rolling over.
- Sleep sacks are recommended instead of blankets. Swaddler sleep sacks will not be used once the infant starts rolling over.

## Sleep Environment:

- Our program will use CPSC guidelines for safety-approved cribs and playpens.
- Hardware will be checked weekly on cribs to make sure no pieces are loose, broken or missing.
- The drop-side of the crib will be locked in the highest position. Drop-side mechanism will not be used.
- The mattress of the crib will be in the lowest position at all times.
- No crib toys or mobiles will be attached to the crib or playpen. No items will be hung over the side of the crib playpen.
- All items will be kept out of the reach of an infant in the crib or playpen.
- Infants will not sleep on water beds, sofas, soft mattresses, car seats, swings, bouncy seats, Boppys, or other soft surfaces.
- Soft materials such as pillows, stuffed toys, loose bedding, bumper pads, quilts, and comforters will not be placed in infants' sleep environment.
- If a crib is used, infants will only sleep on a firm tight-fitting mattress with a tight-fitting fitted crib sheet.
- If a playpen is used, infants will only sleep on the pad provided by the manufacturer with a properly fitting playpen sheet. Pad will remain shape when fitted sheet is used. No extra padding or mattresses will be added.
- Playpen mesh will be less than ¼" and free from tears/holes.
- Playpen frame will be structurally intact and checked often to make sure the frame is sturdy.
- Bassinets will not be used.
- Bassinet inserts and changing pad inserts for playpens will not be used.
- Infants will not share cribs/playpens at the same time.
- Smoking will not be allowed in or near \_\_\_\_\_(THE PROGRAM)\_\_\_\_\_. Staff will not be permitted to smoke on their breaks during work hours.

**Supervision:**

- All infants must be removed from their car seats (and have any outer clothing removed) by their parents and given to the child care provider when they arrive.
- A staff member will visually check on the sleeping infants frequently (every 10-15 minutes).
- Sleeping infants will be within hearing of staff at all times.
- When an infant is awake, they will have supervised "tummy time".
- Infants will spend limited time (maximum of 15 minutes x 2 times a day) in car seats, swings, and bouncer/infant seats when they are awake.

**Training:**

- All staff, substitute staff, and volunteers at the \_\_\_\_\_(THE PROGRAM)\_\_\_\_\_will be trained on safe sleep policies and practices.
- Safe sleep policies and practices will be reviewed with all staff, substitute staff, and volunteers each year. In addition, training specific to these policies will be given before any individual is allowed to care for infants.
- Documentation that staff, substitutes, and volunteers have read and understand these policies will be kept in each individual's file.
- All staff, substitutes, and volunteers at \_\_\_\_\_(THE PROGRAM)\_\_\_\_\_will be trained on emergency procedures for unresponsive infants as well as what to do when they have a question or need assistance before they are allowed to care for infants.

**When the Policy Applies:**

This policy applies to all staff, substitute staff, parents, and volunteers when they place an infant to sleep in the \_\_\_\_\_(THE PROGRAM)\_\_\_\_\_.

**Communication Plan for Staff and Parents:**

Parents will review and sign this policy when they enroll their infant in the \_\_\_\_\_(THE PROGRAM)\_\_\_\_\_ and a copy will be given to the parents. Parents are asked to follow this same policy when the infant is at home. Information regarding safe sleep practices, safe sleep environments, reducing the risk of SIDS in child care as well as other program health and safety practices will be shared if any changes are made. A copy will also be provided in the staff handbook.

**Any individual who has questions may ask:**

Program Contact: \_\_\_\_\_ (NAME OF CENTER DIRECTOR or FAMILY/GROUP CHILD CARE PROVIDER) \_\_\_\_\_

Health Professional Contact: (if applicable) \_\_\_\_\_

Infant's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Signed by:

Director/Owner \_\_\_\_\_ Date: \_\_\_\_\_

Parent \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

**Effective Date and Review:**

This policy is effective \_\_\_/\_\_\_/\_\_\_ and will be reviewed annually by \_\_\_/\_\_\_/\_\_\_ or sooner if needed. Parents and staff will be notified of any upcoming policy review.

Sources:  
CFOC, 3rd Edition, 2011  
Adapted from the Sample Policy for Use in Child Care, AAP  
Policy Statement - SIDS and Other Sleep-Related Infant Deaths:  
Expansion of Recommendations for a Safe Infant Sleeping Environment, AAP, Pediatrics 2011

Revised 3/12

