

Infant Safe Sleep Policy

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined based on an autopsy, an investigation of the place where the infant died, and a review of the infant's medical history. We believe that a safe sleep environment for infants helps lower the chances of an infant dying from SIDS, and that parents and child care providers can work together to provide a safe sleep environment.

Little Blessings Daycare will implement the following safe sleep practices.

Safe Sleep Practices & Environments

1. All staff working in the nurseries, or staff who may potentially work in the nurseries, will receive training on our Infant Safe Sleep Policy.
2. Infants will always be placed on their backs to sleep. If the parent/guardian requests that their child be put to sleep in a position other than on their back, the parent must provide a Physician's signed note that explains how the infant should be put to sleep and the medical reason for this position. The American Academy of Pediatrics recommend that infants are placed on their backs to sleep, but when infants can easily turn over from the back to stomach, they can be allowed to adopt whatever position they prefer for sleep.
3. Visually checking sleeping infants. Sleeping infants will be checked daily, every 15-20 minutes by staff.
 - *We will check to see if the infant's skin color is normal, watch the rise and fall of the chest to observe breathing and look to see if the infant is sleeping soundly. We will check the infant for signs of overheating including flushed skin color, body temperature by touch & restlessness.
 - * Steps will be taken to keep babies from getting too warm or overheating by regulating the room temperature and not over dressing.
4. Room temp will be kept between 68-75 degrees
5. Infants head will not be covered with blankets or bedding. Infants cribs will not be covered with blankets or bedding. We may use sleep sacks (1 months and older) instead of blankets.
6. No loose bedding, pillows, bumper pads, or positioning devices (unless ordered by a healthcare provider) will be used in cribs.
7. Toys, animal pacifiers, and stuffed animals will be removed from the crib when the infant is sleeping. Pacifiers will be allowed in infants cribs while they sleep.
8. A safety-approved crib with firm mattress and tight fitting sheet will be used.
9. Only one infant will be in a crib at a time, unless we are evacuating infants in an emergency.
10. All parents/guardians of infants cared for in the nurseries will receive a written copy of our Infant Safe Sleep Policy.
11. To promote a healthy development, awake infants will be given supervised "tummy time" for exercise and for play.

Signature of Parent or Guardian: _____ Date: _____

