

INFANT SLEEP POSITION POLICY

Reason this policy is important:

Providing infants with a safe environment in which to grow and learn is of extreme importance to us. Therefore, our childcare facility has implemented policies and procedures to create a safe sleep environment for infants. We follow the recommendations of the American Academy of Pediatrics (AAP) and the Consumer Safety Commission for safe sleep environments to reduce the risk of sudden infant death syndrome (SIDS). SIDS is "the sudden death of an infant under one year of age which remains unexplained after a thorough case investigation, including performance of a complete autopsy, examination of the death scene, and review of the clinical history."

Procedure and Practices, including responsible person(s):

- Infants less than 12 months of age shall be placed on their backs on a firm tight-fitting mattress for sleep in a safety-approved crib.
- Soft mattresses, pillows, and other soft surfaces shall be prohibited as infant sleeping surfaces.
- All blankets, pillows, quilts, comforters, sheepskins, stuffed toys, and other soft products shall be removed from the crib. (this includes pacifiers with stuffed animals attached)
- The infant's head shall remain uncovered during sleep.
- Unless the child has a note from a physician specifying medical reason, infants shall be placed in a supine (back) position for sleeping to lower the risks of Sudden Infant Death Syndrome (SIDS).
- Unless a doctor specifies medical reason the need for a positioning device that restricts movement within the child's crib, such devices shall not be used.
- When infants can easily turn from the supine to prone position, they shall be put down to sleep on their back but allowed to adopt whatever position they prefer to sleep.
- There is no smoking allowed in the childcare setting.
- Infants will not share a crib with other children.
- Infants will remain lightly clothes and comfortable while sleeping.
- Supervised "tummy time" will be observed while infant is awake.
- At the time of application, families of infants will be informed of the program's sleep position rules and given a copy of this policy.
- All staff will receive training on safe sleep practices.

Since the start of the 1994 national campaign that provided guidelines for parents, health professionals and other caregivers to place infants on their backs to sleep, the number of infants dying of SIDS has decreased by 42%.

Again, safety of your infant is paramount to us. By signing below, you, as the parent, understand and comply with the policies of the childcare facility, which your child will be attending.

Signature of Child Care Provider

Date

Signature of Parent

Date

References:

National SIDS and Infant Death Program Support Center, SIDS Alliance, Caring for Our Children,
National Health and Safety Performance Standards

Indiana Perinatal Network: www.indianaperinatal.org

CJ foundation for SIDS: www.cjsids.org

REDUCING THE RISK OF SIDS IN CHILD CARE