

Safe Sleep Policy

All staff, substitute staff, and volunteers at _____ (name of child care business) follow the updated June 2022 safe sleep recommendations of the American Academy of Pediatrics (AAP) and the Consumer Products Safety Commission (CPSC) for infants to reduce the risk of Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Infant Death (SUID) and to prevent accidental sleep related infant deaths.

SIDS is the sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation. SUID includes all unexpected deaths; those from a known and unknown causes. An example of SUID is infant suffocation during sleep.

_____ (child care business) will use the following to help keep your baby safe during sleep:

- Infants will always be placed flat on their backs (supine position) for routine sleep - naps and nighttime.
- The supine sleep position is recommended for every sleep, even for infants with gastroesophageal reflux.
- Only one infant will be placed to sleep in each crib with no bed-sharing. Siblings, including twins and triplets, will be placed in separate cribs.
- Infants will be placed on a firm mattress, non-inclined, with a tight fitted sheet only, in a crib that meets the CPSC federal requirements CFR 1219 for full-size cribs and CFR 1220 for non-full size cribs. Infants will NOT sleep on couches, adult beds, recliners or other soft surfaces.
- No toys, soft objects, stuffed animals, pillows, bumper pads, boppy pillows, blankets, quilts, fur-like or loose bedding will be in the sleep environment including nothing draped over or attached to the crib.
- Devices such as wedges or infant positioners will not be used. The AAP has found no evidence that these devices are safe and their use may increase the risk of suffocation.
- The use of home cardiorespiratory monitors or commercial devices marketed to reduce the risk of SIDS/SUID will not be used and are not recommended by the AAP.
- To avoid overheating, the temperature of the room where infants sleep will be monitored and kept at a level that is comfortable for a lightly clothed adult. Infants will not wear hats while indoors.
- Infants will be monitored for overheating. Signs of overheating include sweating, flushed skin, or feeling warm to the touch.
- If extra warmth is needed, appropriately sized sleep clothing _____ (insert type of sleep clothing i.e.: sleepers, footed pajamas, sleep sacks) will be used as an alternative to blankets. Infants will be dressed appropriately for the environment, with no greater than one layer more than an adult would wear to be comfortable in that environment.
- Weighted blankets, weighted sleepers, or other weights not be placed on or near the sleeping infant.
- Swaddling is not necessary or recommended in the child care setting. The risks of swaddling include overheating, hip dysplasia, SIDS, and other accidental deaths.

- Infants may use a pacifier during sleep with parent permission. Nothing should be attached to the pacifier including a string, cord, or stuffed toy. Pacifiers will not be attached to the infant’s clothing.
- If the infant falls asleep anyplace other than a crib (i.e.: bouncy chair, car seat, swing, highchair, or when being held) the infant will be immediately moved to a crib and placed flat on their back.
- Sleeping infants will be actively observed by sight and sound.
- When infants are able to roll back and forth from front to back, the infant will be placed on their back for sleep and allowed to assume a preferred sleep position.

Additional recommendations we follow:

- Our child care program is smoke free and nicotine free. Cigarettes, cigars, chewing tobacco, snuff, vape, pipes, snus, Electronic Smoking Devices (ESD), and nicotine products (except those that are FDA approved for tobacco cessation) are not allowed in our child care business. All staff, substitute staff and volunteers are prohibited from wearing clothing that smells of smoke when working.
- Several times a day, awake infants will have supervised “tummy time” to assist in the development of strong back and neck muscles and to prevent the development of flat areas on the back of the head.
- We are a breastfeeding supportive child care. The feeding of human milk is associated with a reduced risk of SIDS.
- We encourage that infants be immunized in accordance with guidelines from the AAP and CDC.
- All staff, regardless of room assignment, are educated on safe sleep practices on a _____ (insert frequency: i.e. annual, upon hire, etc.) basis.

This policy is effective on _____ (date)

Child’s Name: _____

Signed By: _____ (parent/guardian)

_____ (director/owner)

Resources:

- Iowa SIDS Foundation - Safe Sleep Education and Posters are available at <https://iowasids.org/what-we-do/programs-and-services/education/> phone: 515-965-7655 contact: <https://iowasids.org/who-we-are/contact.html>
- American Academy of Pediatrics (AAP) Sleep-Related Infant Deaths: Updated 2022 Recommendations for Reducing Infant Deaths in the Sleep Environment. Pediatrics (2022) 150 (1): e2022057990. <https://doi.org/10.1542/peds.2022-057990>
- American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. CFOC Standards Online Database. Aurora, CO; National Resource Center for Health and Safety in Child Care and Early Education; 2020.Standard 3.1.4 Safe Sleep <https://nrckids.org/CFOC/Database/3.1.4>