

## **A Child's World Learning Center Infant/Toddler 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 baby died and a review of the baby's clinical history. Child care providers can maintain safe safer sleep environments for babies that help lower the chances of SIDS. North Carolina law requires that child care providers caring for children 12 months of age or younger implement a safe sleep policy, share information, and participate in training. In the belief that proactive steps can be taken to lower the risks of SIDS in child care and that parents and child care providers can work together to keep babies safer while they sleep, this facility will practice the following safe sleep policy.

### **Safe Sleep Practices**

1. All child care staff working in this room, or child care staff who may potentially work in this room, will receive training on our Infant/Toddler Safe Sleep Policy.
2. Infants will always be placed on their backs to sleep.
3. The American Academy of Pediatrics recommends that babies are placed on their back to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer for sleep.
4. We will follow this recommendation by the American Academy of Pediatrics. However, child care staff can further discuss with parents how to address circumstances when the baby turns onto their stomach or side.
5. We will visually check sleeping infants every 15-20 minutes. The sleep information will be recorded on a Sleep Chart, which will be kept on file for one month after the reporting month. 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, and restlessness.
6. Steps will be taken to keep babies from getting too warm or overheating by regulating the room temperature, avoiding excess bedding, and not over-dressing or over-wrapping the baby.

### **Safe Sleep Environment**

7. Room temperature will be kept between 68-75 degrees F and a thermometer kept in the infant room.
8. We will only allow sleep sacks to be used in the cribs.
9. No loose bedding, positioning devices (i.e. wedges), pillows, bumper pads, etc. will be used in cribs.
10. Toys and stuffed animals are not allowed in the cribs. Pacifiers will be removed when they fall out of the infant's mouth. Pacifier clips will not be used while the child is sleeping.
11. A safety-approved crib with a firm mattress and tight fitting sheet will be used.
12. Only one infant will be in a crib at a time, unless we are evacuating infants in an emergency, or traveling within school premises for outside play.
13. No smoking is permitted in the infant room or on the premises.
14. All parents/guardians of infants cared for in the infant room will receive a written copy of our Infant/Toddler Safe Sleep Policy before enrollment.
15. To promote healthy development, awake infants will be given supervised "tummy time" for exercise and for play.

### **Best Practices**

1. All staff will participate in Responding to an Unresponsive Infant practice drills twice each year, in April and October, in conjunction with fire drills.

I, the undersigned parent or guardian of \_\_\_\_\_ (child's full name), do hereby state that I have read and received a copy of the facility's Infant/Toddler Safe Sleep Policy and that a designated staff member from the facility has discussed the safe sleep policy with me.

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Child Care Provider: \_\_\_\_\_ Date: \_\_\_\_\_