



# NLC Infant Safe Sleep Policy

Sudden Unexpected Infant Death Syndrome (SUIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined. It is the leading cause of death in children from one to twelve months of age. 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. In order to maintain safe sleep practices, these policies and procedures will be followed:

## Safe Sleep Practices

1. All child care staff caring for infants, and child care staff that may potentially care for infants, will receive training on how to implement our infant Safe Sleep Policy.
2. Infants will always be placed on their **backs to sleep**, unless there is a Physician's Signed Note that explains how the infant should be put to sleep and the medical reason for this position. In that case, a notice will be posted on the infant's crib and the note kept in the child's file.
3. When infants can easily turn over from the back to the stomach, they will be placed to sleep on their backs and then allowed to adopt the sleep position they prefer, in accordance with the American Academy of Pediatrics (AAP) recommendations. Child care staff can further discuss with parents how to address circumstances when the baby turns onto their stomach or side.
4. Sleeping infants will be visually checked, every 15 minutes, by assigned staff. We will be especially alert to monitoring a sleeping infant during the first weeks the infant is in child care. We will check the infant for:
  - Normal skin color
  - Normal breathing by watching the rise and fall of the chest
  - Level of sleep
  - Signs of overheating: flushed skin color, increase in body temperature (touch the skin), and restlessness
5. Staff will reduce the risk of overheating by not over-dressing or over-wrapping the infants.
6. All parents/guardians of infants cared for in the facility will receive a written copy of this Infant Safe Sleep Policy before enrollment, will review the policy with staff, and will sign a statement saying they received and reviewed the policy.
7. The temperature in the room where the infant(s) sleep will be kept between 68-75°F and will be monitored by the thermometer kept in the infant sleeping room.
8. To promote healthy development, awake infants will be given supervised "tummy time" for exercise and for play.

## Safe Sleep Environment

9. Infants' heads will not be covered with blankets or bedding.
10. Receiving blankets may be provided by the parent if desired, but no other type of blanket is permitted.
11. No loose bedding, pillows, bumper pads, etc. will be used in cribs.
12. Toys and stuffed animals will be removed from the crib when the infant is sleeping.
13. Pacifiers will be allowed in infants' cribs while they sleep. When the pacifier falls out of the sleeping infant's mouth, it will not be reinserted into the infant's mouth.
14. A safety-approved crib with a firm mattress and tight-fitting sheet will be used.
15. Each infant will have his or her own crib. Only one infant will be in a crib at a time, unless we are evacuating infants in an emergency or for an emergency practice drill.
16. No smoking is permitted in the infant room or at the NLC.

**Distribution:** Parents and staff will review the policy and be informed of changes 14 days before the effective date. One copy signed by parent(s)/guardian(s) will be given to parent(s)/guardian(s) and one copy will be kept in child's facility record.

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 Safe Sleep Policy and that the facility's director or other designated staff member has discussed the facility's Infant/Toddler Safe Sleep Policy with me.

Date of Child's Enrollment: \_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

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