

Parents and childcare providers can work together to provide a safe environment for infants. It is important to remember that all staff working with infants must complete an annual approved safe sleep training prior to working in an infant room.

Key Points for a Safe Sleep Model

Safe sleep practices:

- 1) Infants must be provided with an individual crib for sleep. Cribs are only to be used for sleeping.
- 2) Each infant will have their own crib with a firm mattress and fitted sheet.
- 3) Drop side and stacking cribs are prohibited.
- 4) Infants must always be placed on their back to sleep.
- 5) For alternative positions to be considered, including swaddling, an Alternative Sleep Position Waiver-Health Care Plan may be obtained. This form must be signed by the child's physician.
- 6) Each infant must have a pacifier offered when being put down to sleep. If the pacifier falls out while sleeping it is not to be reinserted. Parents/guardians may direct otherwise.
- 7) Soft bedding and bumpers, plush toys, blankets, or other material that can pose a suffocation hazard are not permitted in cribs.
- 8) Infants who fall asleep in an infant swing, bouncy chair, and other equipment not approved for sleeping must be moved immediately to their assigned crib.
- 9) In accordance with The American Academy of Pediatrics, once an infant is able to roll and move independently, they may adopt the sleep position they prefer.
- 10) Parents and staff personnel can reduce the risk of SIDS and overheating by keeping the room temperature between 68-75 degrees and not overdressing or overwrapping sleeping infants.
- 11) No infant is to be placed in the same crib as another infant.
- 12) Sleeping infants must be observed every ten minutes.

Resources:

American Academy of Pediatrics.

<http://kidshealth.org>.

Sleepfoundation.org

06/15