

# SALEM CHILD DEVELOPMENT CENTER

## Safe Infant Sleep in Child Care Policy

Providing infants with a safe place to grow and learn is very important. For this reason, Salem Child Development Center (SCDC) has created a policy on safe sleep practices for infants up to 1-year-old. We follow the recommendations of the American Academy of Pediatrics (AAP) and the Consumer Product Safety Commission to provide a safe sleep environment and reduce the risk of sudden infant death syndrome (SIDS). SIDS is “the sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation.” The staff, substitute staff, and volunteers at SCDC follow the AAP safe sleep policy.

### **When The Policy Applies:**

This policy applies to all staff, substitute staff, parents, and volunteers when they place an infant to sleep at SCDC.

### **Sleep Position:**

- Infants will ONLY be placed flat on their backs to sleep every time.
- While infants will always be placed on their backs to sleep, when an infant can easily turn over from back to front and front to back, they can remain in whatever position they prefer to sleep.
- Devices such as wedges or infant positioners will not be used since such devices are not proven to reduce the risk of SIDS.
- Infants who use pacifiers will be offered their pacifier when they are placed to sleep, and it will not be put back in should the pacifier fall out once they fall asleep.
- Pacifiers will be cleaned between each use, checked for tears, and will not be coated in any sweet or other solution.
- Parents are asked to provide replacement pacifiers on a regular basis.

### **Sleep Environment:**

- Our program will use Consumer Product Safety Commission guidelines for safety-approved cribs/pack and plays and firm mattresses.
  - Crib slats will be less than 2 3/8” apart
  - Infants will not be left in bed with drop side down
  - Playpen weave will be less than 1/4”
- Infants will not be placed to sleep on any standard bed, waterbeds, couches, air mattresses, or on other soft surfaces.
- Only one infant will be placed to sleep in each crib. Siblings, including twins and triplets, will be placed in separate cribs.
- The crib will have a firm tight fitting mattress covered by a tight fitting sheet and will be free from blankets, loose bedding, bumpers, bottles, toys, and other soft objects (i.e., pillows, quilts, comforters, sheepskins, stuffed toys, etc.)
- To avoid overheating, the temperature of the rooms where infants sleep will be checked and will be kept at a level that is comfortable for a lightly clothed adult.
- An infant who arrives asleep in a car seat will be moved to a crib.
- Blankets over car seats/strollers may cause overheating and suffocation.
- Sleep clothing, such as sleepers, sleep sacks, and wearable blankets, may be used.

- Bibs and pacifiers will not be tied around an infant's neck or clipped on to an infant's clothing during sleep.
- Smoking will not be allowed in or near SCDC.

### **Supervision:**

- When infants are in their cribs, they will be within sight and hearing of staff at all times.
- A staff member will visibly check on the sleeping infants frequently.
- When an infant is awake, they will have supervised "tummy time." This will help babies strengthen their muscles and develop normally.
- Sleeping infants will be visually checked daily, at a minimum of every 10-15 minutes, by assigned staff. We will check the infant for:
  - Normal skin color
  - Normal breathing by watching the rise and fall of the chest
  - His or her level of sleep
  - Signs of overheating: flushed skin color, increase in body temperature (touch the skin), and restlessness
  - Sleep position

### **Training:**

- All staff, substitute staff, and volunteers at SCDC will be trained on safe sleep policies and practices.
- Safe sleep practices will be reviewed with all staff, substitute staff, and volunteers each year. In addition, training specific to these policies will be given before any individual is allowed to care for infants.
- Documentation that staff, substitutes, and volunteers have read and understand these policies will be kept in each individual's file.
- All staff at SCDC will be trained on first aid for unresponsive infants as well as what to do when they have a question or need assistance before they are allowed to care for infants.

### **Communication Plan for Staff and Parents:**

- All children, under the age of 1, enrolled in the child care setting will have an **Infant Sleep Questionnaire** completed prior to entering care.
- All parents/guardians of infants cared for in the facility will receive a written copy of our Infant Safe Sleep Policy before enrollment, will review the policy with staff, and sign a statement saying they received and reviewed the policy.
- Parents are asked to follow this same policy when the infant is at home.
- These policies will be posted in prominent places in addition to being in the policies and procedures manual.
- Information regarding safe sleep practices, safe sleep environments, reducing the risk of SIDS in child care as well as other program health and safety practices will be shared if any changes are made.

*The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.*