



# Infant Safe Sleep Policy



All staff, substitute staff, and volunteers at \_\_\_\_\_ (name of child care business) follow the 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 for routine sleep - naps and nighttime.
- 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, with a tight fitted sheet, 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, sheepskins 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 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 be monitored for overheating. Signs of overheating include sweating or feeling warm to the touch.
- If extra warmth is needed, sleep clothing \_\_\_\_\_ (insert type of sleep clothing i.e.: sleepers, footed pajamas, sleep sacks) will be used as an alternative to blankets.
- Swaddling is not necessary or recommended in the child care setting. The risks of swaddling include overheating, hip dysplasia and SIDS.
- 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 may 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.
- Our child care program is smoke free and smoking/vaping is not allowed in Iowa child care businesses.
- 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.
- 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.

Parents will review and sign this policy upon enrolling their infant at \_\_\_\_\_ (name of child care business). *Safe Sleep: Reducing the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep Related Infant Death* brochure is available at [www.iowasids.org](http://www.iowasids.org) phone: 515-965-7655 email: [info@iowasids.org](mailto:info@iowasids.org)

This policy is effective on \_\_\_\_\_ (date)

Child's Name: \_\_\_\_\_

Signed By: \_\_\_\_\_ (parent)

\_\_\_\_\_ (director/owner) \_\_\_\_\_ (staff)

\_\_\_\_\_ (staff) \_\_\_\_\_ (staff)

\_\_\_\_\_ (staff) \_\_\_\_\_ (staff)

Resources:

- Safe Sleep: Reducing the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep Related Infant Death brochure is available at [www.iowasids.org](http://www.iowasids.org) phone: 515-965-7655 email: [info@iowasids.org](mailto:info@iowasids.org)
- American Academy of Pediatrics (AAP) Policy Statement: *SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment* PEDIATRICS Volume 138 , number 5 , November 2016 :e 20162938 <https://pediatrics.aappublications.org/content/pediatrics/early/2016/10/20/peds.2016-2938.full.pdf>
- Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 4th ed. (2019) Standards 3.1.4.1 and 3.1.4.2 <https://nrckids.org/CFOC>