

## Infant Sleep Policy:

Caring for Our Children 3.1.4 and Rules Regulating Family Child Care Homes and Child Care Centers must have a written policy that addresses safe sleep practices and procedures. According to Caring for Our Children: “Facilities should develop a written policy that describes the practices to be used to promote safe sleep when infants are napping or sleeping. The policy should explain that these practices aim to reduce the risk of sudden infant death syndrome (SIDS) or suffocation death and other infant deaths that could occur when an infant is in a crib or asleep” and “All staff, parents/guardians, volunteers and others approved to enter rooms where infants are cared for should receive a copy of the Safe Sleep Policy and additional educational information and training on the importance of consistent use of safe sleep policies and practices before they are allowed to care for infants (i.e., first day of employment/volunteering/subbing). Documentation that training has occurred and that these individuals have received and reviewed the written policy should be kept on file”.

This policy must include:

- ❖ The training(s) that are required for the provider and staff regarding infant safe sleep.
- ❖ A policy regarding infants being placed on their back unless there is a signed Alternate Sleep Position form from the infant’s pediatrician indicating that an alternate sleep position is medically indicated and includes a signed health care plan that is signed by the physician and in the infant’s file.
- ❖ A policy regarding the use of infant swaddling, which is prohibited, unless there is a signed Swaddling Permission form from the infant’s pediatrician indicating that swaddling is medically indicated and includes a signed health care plan that is signed by the physician and in the infant’s file.
- ❖ A policy that pacifiers will be offered for all infants one month and older for every sleep time unless the parent has signed a waiver that the infant is not to be given a pacifier. The policy should include that the infant will only be provided a clean, dry pacifier and the pacifier will not be coated in any sweet solution. (Pacifier use may reduce the risk of SUID and SIDS).
- ❖ A policy that infants will only sleep in a crib or infant futon approved for sleep that is approved by Consumer Product Safety and there is a certificate of compliance on file for each crib. Drop side cribs are prohibited. The policy should also address infants who fall asleep outside of a crib, and a policy when an infant wakes and the use of highchairs.
- ❖ A policy regarding no toys or mobiles in cribs.
- ❖ A policy regarding the use of infant sound monitoring including the infant being physically observed by sight and sound (normal skin color, normal breathing, level of sleep, signs of overheating and restlessness) every 10 minutes while in a crib.

- ❖ A policy that any music in the crib area will be played softly, no music will be played in, under or within 3 feet of a crib. (Music should also be developmentally appropriate and promote a comforting sleep environment).
- ❖ A policy addressing the room temperature and the use of sleep sacks (only those that allow free movement of arms and legs) or one-piece sleepers used in lieu of blankets. Sleep sacks that swaddle or restrain the arms will not be allowed, unless the physician permission form is complete and on file.
- ❖ A policy regarding protecting infants from second hand smoke.