

# She Cares Daycare

## Safe Sleep Policy

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined. Childcare providers can maintain safer sleep environments for babies that help lower the chance of SIDS. Missouri law requires that childcare providers caring for young children implement a safe sleep policy, share this information with parents, and provide staff training.

The following safe sleep practices are enforced:

1. All childcare providers working, or who may work, in infant rooms are required to attend an Infant Safe Sleep training. This training is completed within 30 days of employment or volunteering and repeated at least every 3 years.
2. All infants are placed on their backs in an assigned, safety-approved crib with a firm mattress and tightfitting sheet as recommended by the American Academy of Pediatrics (AAP).
3. Swaddling is prohibited, including the use of swaddle sacks. Parents can provide a well-fitting sleep sack that cannot be pulled over a child's face.
4. When infants can easily turn over from their backs to their stomachs, they continue to be placed to sleep on their backs, but allowed to adopt whatever position they prefer. Caregivers can further discuss with parents how to address circumstances when their infant turns on his/her stomach or side. AAP does not recommend repositioning sleeping infants onto their backs.
5. Sleeping infants remain in a caregiver's visual line of sight at all times. Caregivers document their sleep checks every 15 minutes on the Infant Sleep Chart. Caregivers check each child's sleep position, breathing, color, and body temperature visually and tactually. Infants who fall asleep in any location other than their cribs are immediately moved to their assigned crib.
6. Infants are removed from their cribs as soon as they awaken.
7. No soft products or items of any kind may be placed in a crib with the infant. This includes pillows, wedges or other positioners\*, pillow-like toys, blankets, toys, bumper pads, quilts, sheepskins, loose bedding, towels and washcloths. Bibs, burp cloths, etc. may not be hung on cribs' sides at any time. \*Exception: A device used under a crib mattress, such as a wedge, is allowed when included in the signed Child Information Record on file with She Cares Daycare. The Child Information Record must be completed in full with specific information on when (how often and duration of use) and how it should be used. The device must be provided by the parent/guardian. Rolled towels or blankets may not be used in lieu of the device.
8. Infants may use pacifiers to fall asleep in their cribs. The pacifier may not be attached to the child's clothing, a toy, etc., by a string, ribbon or the like. If the pacifier falls out of the child's mouth once asleep, it will be removed from the crib.
9. Only one infant shall occupy a crib at a time, unless evacuating for an emergency.
10. Steps are taken to keep infants from becoming too warm by not over-dressing infants. Room temperature is kept between 68-85 degrees F.
11. No smoking is permitted on center premises.
12. To promote healthy development, infants who are awake are given supervised "tummy time" for exercise and play.

I, the parent/guardian of \_\_\_\_\_ (child's full name) acknowledge that I have read and received a copy of the center's Infant Safe Sleep Policy and that the center director, or other designated faculty member has discussed this with me.

Date Infant First Attended Center: \_\_\_/\_\_\_/\_\_\_

Date Policy Given/Explained to Parent/Guardian: \_\_\_/\_\_\_/\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

Staff Initials: \_\_\_\_\_