

**Angel Haven Early Childhood Center**  
**Safe Infant Sleep in Child Care**  
DVN: 001790147

Providing infants with a safe place to grow and learn is very important. For this reason, Angel Haven ECC 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) and sudden unexpected infant deaths (SUIDS). SIDS is “the sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation.” SUIDS is the sudden and unexpected death of an infant less than one year of age in which the manner and cause of death are not immediately obvious prior to investigation. The staff, substitute staff, and volunteers at Angel Haven ECC follow the AAP safe sleep practices.

**Sleep Position:**

- Infants will always be placed flat on their backs to sleep. When, in the opinion of the infant’s licensed health care provider, an infant requires alternative sleep positions or special sleeping arrangements, the provider **MUST** have on file at the facility written instructions, signed by the infant’s licensed health care provider, detailing the alternative sleep positions or special sleeping arrangement. Caregivers will put the infant to sleep as specified in the written instructions. In the case of a waiver, a waiver notice will be posted at the infant’s crib without identifying medical information. The full waiver will be kept in the infant’s file.
- Infants will **not** be placed on their side for 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.
- Bibs and pacifiers will **not** be tied around an infant’s neck or clipped on to an infant’s clothing during sleep.
- 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.
- 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.

**Sleep Environment:**

- Only an individually assigned safety-approved crib, portable crib, or playpen with a firm mattress and a tight-fitting sheet will be used for infant napping or sleeping.
- Consumer Product Safety Commission safety-approved cradles and bassinets may also be used for sleeping if the infant meets the weight and height requirements.
- Infants will **not** be placed to sleep on any standard bed, waterbeds, couches, air mattresses, or on other soft surfaces.

- Sitting devices such as car safety seats, strollers, swings, infant carriers, infant slings, bouncers, and other sitting devices will not be used for sleep/nap time. Infants who fall asleep anywhere other than a crib, portable crib, or playpen must be placed in a crib for the remainder of their sleep/nap time.
- 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 fitted sheet and will be free from loose bedding, 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.
- Blankets will not be used in any crib or other sleeping equipment, nor will they be hanging from the sides. Sleep clothing, such as sleepers, sleep sacks, and wearable blankets, may be used as alternatives to blankets.
- Infants' head and face will not be covered during sleep.
- Smoking is NOT permitted in or near Angel Haven ECC at any time, by any one. . Caregivers will be free of smoke smells at all times. No personal items will be permitted to remain in the room if there is a cigarette smell detected. (This applies to ALL items in the room, including the infants diaper bag, clothing, blankets or any other personal items brought in by the parent/guardian)

### **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. Lighting in the room will be such that the caregiver can see every infant at all times.
- Home monitors or commercial devices will not be used in place of supervision while infants are napping or sleeping.
- Music and/or sound machines will be at a level to allow caregivers to hear infants at all times.
- When an infant is awake, they will have supervised "tummy time." This will help babies strengthen their muscles and develop normally.
- Infants will spend limited time in car seats, swings, and bouncer/infant seats when they are awake.

### **Training:**

- All staff, substitute staff, and volunteers at Angel Haven ECC will be trained on safe sleep policies and practices. They will receive in-person or on-line training on infant safe sleep based on AAP safe sleep recommendations. This training will be completed within 30 days of employment and will be completed every three years.
- Documentation that staff, substitute staff, and volunteers have read and understand these policies will be kept in each individuals file.
- All staff, substitute staff, and volunteers at Angel Haven ECC 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.

**When The Policy Applies:**

This policy applies to all staff, substitute staff, and volunteers when they place an infant to sleep at Angel Haven ECC.

**Communication Plan for Staff and Parents:**

Parents will review this policy when they enroll their child in Angel Haven ECC and a copy will be provided in the parent handbook. Parents are asked to follow this same policy when the infant is at home. These policies will be posted in prominent places. 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. A copy will also be provided in the staff handbook.

**Any Individual Who Has Questions May Ask:**

**Program Contact:** Colleen Edwards

*The information contained in this policy 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.*

*Revised and Effective Date: 2/9/2016*