

INFANT SLEEP POSITION POLICY

Reason this policy is important:

Providing infants with a safe environment in which to grow and learn is of extreme importance to us. Therefore, our child care facility has implemented policies and procedures to create a safe sleep environment for infants. We follow the recommendations of the American Academy of Pediatrics (AAP) and the Consumer Safety Commission for safe sleep environments to 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 case investigation, including performance of a complete autopsy, examination of the death scene, and review of the clinical history.”

Procedure and Practices, including responsible person(s):

- Infants less than 12 months of age shall be placed on their backs on a firm tight-fitting mattress for sleep in a crib.
- Waterbeds, sofas, soft mattresses, pillows, and other soft surfaces shall be prohibited as infant sleeping surfaces.
- All pillows, quilts, comforters, sheepskins, stuffed toys, and other soft products shall be removed from the crib.
- If a blanket is used, the infant shall be placed at the foot of the crib with a thin blanket tucked around the crib mattress, reaching only as far as the infant’s chest.
- The infant’s head shall remain uncovered during sleep.
- Unless the child has a note from a physician specifying otherwise, infants shall be placed in a supine (back) position for sleeping to lower the risks of Sudden Infant Death Syndrome (SIDS).
- When infants can easily turn over from the supine to prone position, they shall be put down to sleep on their back, but allowed to adopt whatever position they prefer for sleep.
- Unless a doctor specifies the need for a positioning device that restricts movement within the child’s crib, such devices shall not be used.
- There is no smoking allowed in the child care setting.
- Infants will not share a crib with other children.
- Infants will remain lightly clothed and comfortable while sleeping.
- Supervised “tummy time” will be observed while infant is awake.
- At the time of application, families of infants will be informed of the programs sleep position rules and given a copy of the policy. (brochure: www.indianaperinatal.org)
- All staff will receive training on safe sleep practices before caring for infants and annually.

When the policy applies:

This policy applies to staff and families.

Communication plan for staff and parents:

This policy will be reviewed with the parents at the time of application and a copy will be provided in the parent handbook. SIDS information will be published annually in the newsletter and available as a handout. This policy will be reviewed during annual training and new staff orientation. A copy will also be provided in the staff handbook.

References:

National SIDS & Infant Death Program Support Center, SIDS Alliance, Caring for Our Children, National Health and Safety Performance Standards
Indiana Perinatal Network: www.indianaperinatal.org (brochures)
CJ foundation for SIDS: www.cjsids.com (posters)

Reviewed by: _____ Director/Owner
_____ Health Professional (physician, nurse, health department,
EMS, Health consultant)
_____ Staff member
_____ Other (parent, advisory committee)

Effective Date and Review:

This policy is effective ____/____/____ and will be reviewed annually by ____/____/____ or sooner if needed.
Parents and staff will be notified of any upcoming policy review.