

Safe Sleep Policy

Infants 6 weeks through 12 months of age

- Babies will be placed to sleep in safety-approved cribs and on firm mattresses.
- Only one baby will be placed to sleep per crib.
- Staff will visually check on sleeping babies often.
- The room will be kept at a temperature that is comfortable for a lightly clothed adult.
- All healthy babies will be placed on their backs to sleep.
- Babies will always be placed on their backs to sleep, but when they are able to turn over the baby will be allowed to sleep in their preferred position.
- A doctor's note will be required if a baby needs to sleep in a position other than on their back.
- Babies cannot be swaddled.
- If you would like your child to use a sleep sack you may send one to school for the week.
- If a parent/guardian would like to have a blanket for their child rather than the sleep sack the parent must supply a blanket that is big enough to be tucked in along the sides and the foot of the crib mattress. Blankets have to be lightweight. No quilts or other heavy blankets can be used.
- If using a blanket, when babies are put to sleep, the baby's feet will be placed at the foot of the crib and the blanket cannot come up higher than the infant's chest.
- Thick or loose bedding shall not be kept in a safe sleep environment.
- Cribs will be free of toys, stuffed animals and extra bedding.
- If an infant arrives to school asleep in a car seat, the parent/guardian or teacher/caregiver should promptly remove the infant from the car seat and lay the child on their back in a safe sleep environment.
- If an infant falls asleep in place that that is not a safe sleep environment, teacher shall promptly move the infant and lay the child on their back in their safe sleep environment.
- The American Academy of Pediatrics recommends; consider offering a pacifier when placing the infant down for nap and sleep time, if the infant refuses s/he should not be forced to take it, if the infant falls asleep and the pacifier falls out of the infant's mouth, it should be removed from the crib and does not need to be reinserted. A pacifier has been shown to reduce the risk of SIDS, even if the pacifier falls out during sleep.
- Pacifiers should never be coated with any solution and should be cleaned and replaced regularly.
- Supervised tummy time will be given to awake babies. Tummy time will help babies strengthen their muscles and assist in typical development.

*These policies have been adapted from Safe Sleep-Easy Steps for Caregivers, Source: Healthy Childcare America, <http://www.healthychildcare.org>; Safe Sleep Practices and SIDS/Suffocation Risk Reduction, Source: Caring for Our Children, 3rd Ed. Standard 3.1.4.1.; and The American Academy of Pediatrics, Task Force on Sudden Infant Death Syndrome, Pediatrics 123:188.