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Little Bear's Child Care, Inc. Infant/Toddler 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 based on an autopsy, an investigation of the place where the infant died, and a review of the infant's medical history. We believe that a safe sleep environment for infants helps lower the chances of an infant dying from SIDS, and that parents and child care providers can work together to provide a safe sleep environment.

Little Bear's Child Care, Inc. has implemented the following safe sleep practices:

- 1) All child care staff caring for infants and child care staff that may potentially care for infants will receive training on how to implement Safe Sleep.
- 2) Infants will only sleep in a crib approved by Consumer Product Safety and there is a certificate of compliance on file for each crib. Drop side cribs are prohibited.
- 3) Infants who fall asleep outside of a crib will be moved immediately to their crib.
- 4) Infant will always be placed on their backs to sleep, unless there is a Health Care Professional signed Alternate Sleep Position Waiver on file for that child.
- 5) When infants can easily turn over from the back to stomach, they will be placed to sleep in their backs and then allowed to adopt the sleep position they prefer.
- 6) Staff will reduce the risk of overheating by not over-dressing the child. Blankets are prohibited in or hanging on cribs. Sleep sacks may be used in lieu of blankets (only those that allow free movement of arms and legs).
- 7) Swaddling is prohibited, unless there is a signed Swaddling Permission form from the infant's pediatrician indicating that swaddling is medically necessary and is on file at the center.
- 8) The temperature in the room where the infants sleep will be kept between 68-75 F.
- 9) Toys and mobiles are prohibited in or around cribs.
- 10) We will require that infants one month and older be offered a clean and dry pacifier for all sleep times with parents permission. Pacifiers may not be coated in any sweet solution.
- 11) Infants will be visible to staff during sleep time and observed by sight and sound (normal skin color, normal breathing, level of sleep, and signs of overheating).
- 12) Music in the classroom will only be played during times of activity. It will be played softly and at least 3 feet from crib area.
- 13) Our child care program is a smoke free environment.
- 14) All parents/guardians of infants will receive a copy of our Infant/Toddler Safe Sleep Policy before enrollment, will review the policy with staff and sign a statement saying they have received and reviewed the policy.

I, being the parent/guardian of _____ (child's name), have read and received a copy of Little Bear's Child Care, Inc. Infant/Toddler Safe Sleep Policy and have had an opportunity to discuss any questions or concerns regarding this policy.

Signature of Parent/Guardian: _____ Date: _____