

SAFE SLEEP PRACTICES

1. All healthy babies will be placed on their backs to sleep but when they are able to turn over, "allowed to sleep in their preferred position."
2. A doctor's note will be required if babies need to sleep in a position other than their backs.
3. Babies will be placed to sleep on safety-approved cribs and firm mattresses (cradles and bassinets may provide safe sleeping enclosures, but safety standards have not been established for these items).
4. Cribs will be free of toys, stuffed animals and extra bedding.
5. Blankets are NOT recommended. If additional warmth is needed, sleep clothing, such as a one-piece blanket sleeper or sleep sack may be used. Bibs and clothing with hoods will be removed.
6. Only one baby will be placed to sleep per crib and it is recommended that cribs be spaced 3 feet apart.
7. The room will be kept at a temperature that is comfortable for a lightly clothed adult.
8. Staff will visually check on sleeping babies often.
9. If an infant falls asleep anyplace other than a crib, the infant will be moved to a crib right away. This includes infants who arrive asleep in a car seat.
10. Smoking will not be allowed around babies. If you smoke, make sure babies are being watched when you go outside to smoke. Child care providers who smoke must do so outside. Wear an overcoat to absorb the second-hand smoke. Remove and put the overcoat in an area that is not accessible to children before you come back into the classroom. Never allow smoking in a room where babies' sleep, as exposure to smoke is linked to an increased risk of SIDS.
11. Supervised "tummy time" will be provided for awake babies. This will help babies strengthen their muscles and develop normally.

Source: Healthy Child Care America, Adapted from Safe Sleep-Easy Steps for Caregivers <http://www.healthychildcare.org>