

Partners In Learning Infant/Toddler Safe Sleep Policy



Child Care Facility: Partners In Learning @ Catawba

A safe sleep environment for infants reduces the chances of sudden infant death syndrome (SIDS) or other sleep related infant deaths. According to N.C. Law, child care providers caring for infants 12 months of age or younger are required to implement a safe sleep policy and share the policy with parents/guardians and staff. We implement the following safe sleep policy.

References: N.C. Law G.S. 100-91 (15), N.C. Child Care Rules .0606 and .1724, Caring for Our Children

Safe Sleep Practices

1. We train all staff, substitutes, and volunteers caring for infants aged 12 months or younger on how to implement our Infant/Toddler Safe Sleep Policy.
2. We always place infants on their **backs to sleep**, unless a signed *Alternate Sleep Position Waiver-Health Care Professional Recommendation* is in the infant's file and posted at the infant's crib. We retain the waiver in the child's record for as long as they are enrolled.
3. We may accept *Parent Waivers* for infants older than six months.*
4. We place infants on their backs to sleep even after they can easily turn over from the back to the stomach. We then allow them to adopt their own position for sleep.
 We document when each infant can roll from back to stomach and tell the parents. We put a notice in the child's file and on or near the infant's crib.*
5. We visually check sleeping infants every 15 minutes and record their sleep position on a *Sleep Chart*. We observe the infant's sleep position, skin color, breathing, level of sleep, and body temperature.
6. We maintain the temperature in the room where infants sleep between 68-75°F and check it on the thermometer in the room.
 We further reduce the risk of overheating by not over-dressing or swaddling infants.*
7. We provide all infants supervised "tummy time" daily.
8. We follow N.C Child Care Rules .0901(j) and .1706(g) regarding breastfeeding.
 We further encourage breastfeeding in the following ways: * We allow parents at any time of the day and Provide a private space.

Safe Sleep Environment

9. We use Consumer Product Safety Commission (CPSC) approved cribs for infants. Each infant has his or her own crib.
10. We do allow pacifiers without any attachments.*
11. We do not cover infants' heads with blankets or bedding.
12. We do not allow blankets in the crib.*We may use a sleep sack instead of a blanket.
13. We do not allow objects other than pacifiers without any attachments in the crib or cot and remove it once has fallen from the infant's mouth.*
14. Infants who are developmentally ready may be placed on a cot to sleep.
15. Infants aged 12 months or younger are prohibited from sleeping in sitting devices, including but not limited to, care safety seats, strollers, swings, and infant carriers. Infants that fall asleep in sitting devices shall be moved to an appropriate sleep environment.
16. All staff will participate in *Responding to an Unresponsive Infant* practice drills twice each year.
17. We give all parents/guardians of infants a written copy of the *Infant/Toddler Safe Sleep Policy* before enrollment. We review the policy with them, and ask them to sign a statement saying they received and reviewed the policy.
18. We encourage families to follow the same safe sleep practices to ease infants' transition to child care.*
19. We post a copy of this policy or a safe sleep practices poster in the infant sleep room where it can easily be read.

*Indicates we follow this best practice recommendation.

Effective date: November 30, 2018 **Review date(s):** November 14, 2018 **Revision date(s):** November 14, 2018

Distribution: We give parents/guardians a copy of the policy. We give all staff, substitutes and volunteers a copy to review. We inform them of changes 14 days before the effective date. We give parents/guardians a copy of the policy they signed and put a copy in child's file.

I, the undersigned parent/guardian of _____ (child's full name), have received a copy of the facility's *Infant/Toddler Safe Sleep Policy*. I have read the policy and discussed it the facility director/owner/operator, or other designated staff member.

Child's Enrollment Date: _____ Parent/Guardian Signature: _____ Date: _____

Facility Representative Signature: _____ Date: _____