

# Infant/Toddler Safe Sleep Policy

Child Care Home: \_\_\_\_\_ will implement the following safe sleep practices.

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 know that a safe sleep environment for infants helps to 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. According to Florida Law, child care providers caring for infants 12 months of age or younger are required to implement a safe sleep policy and participate in Safe Sleep and Shaken Baby Syndrome and abuse head trauma trainings. They need to know strategies for coping with crying, fussing or distraught children and the development and vulnerabilities of the brain in infancy in early childhood within 30 days of hire. Their training documentation must be maintained on the departments training transcript in the child care personnel records.

## Safe Sleep Practices

1. All child care staff will receive training on how to implement our infant Safe Sleep Policy; by taking the Safe Sleep and Shaken Baby Syndrome and abuse head trauma training.
2. All cribs and port-a-cribs, will meet the construction regulations outlined in title 16 Parts 1219, 1220, and 1221 code of federal regulations, 2014 which is incorporated by reference in 65c-22.001(7)(w) F.A.C.
3. Infants and toddlers shall not be routinely left in cribs or playpens except for rest or sleep.
4. A firm mattress and tight-fitting sheet will be used.
5. No loose bedding, pillows, bumper pads, toys or stuffed animals will be used in cribs with children under the age of 2.
6. Infants will always be placed on their **backs to sleep** unless an alternative position is authorized in writing by a physician. Written documentation from a physician of this authorization shall be maintained in the child's record. Documentation must include the child's name, date of birth, description of sleep position required, description of any equipment needed, and length of time authorization is valid.
7. When babies can easily turn over from their back to the stomach, they will be placed to sleep on their backs and then allowed to adopt the sleep position they prefer. This is in accordance with the American Academy of Pediatrics (AAP) recommendations. Child care staff can further discuss with parents how to address circumstances when the baby turns onto their stomach or side.
8. Sleeping infants will be visually checked daily, every 15-20 minutes, by assigned staff. We will be especially alert to monitoring a sleeping infant during the first weeks the infant is in child care. We will check the infant for: normal skin color, normal breathing by watching the rise and fall of the chest, his or her level of sleep. Signs of overheating: flushed skin color, increase in body temperature (touch the skin), and restlessness
9. Staff will reduce the risk of overheating by not over-dressing or over-wrapping the infants.
10. The temperature in the room where the infant(s) sleep will be kept between 65-82°F.
11. For sleeping and napping, infants through the age of 12 months must be in their own crib, port-a-crib, or playpen with sides.
12. To promote healthy development, awake infants will be given supervised "tummy time" for exercise and for play.
13. Infants' heads will not be covered with blankets or bedding. Infants' cribs will not be covered with blankets or bedding. We may use a sleep sack instead of a blanket.
14. Pacifiers will be allowed in infants' cribs while they sleep. When the pacifier falls out of the sleeping infant's mouth, it will not be reinserted into the infant's mouth. No strings, ropes, or cords will be used to attach pacifiers to children.
15. Children shall not sleep in kitchens, bathrooms, utility rooms or garages.
16. Napping spaces shall not be under furniture, against furniture that may create a hazard, or blocking exit routes. A minimum distance of 2 feet must be maintained around individual napping spaces, except a maximum of two sides of a napping space may be against a solid barrier, such as a wall. The solid side of a crib does not meet the requirement of a solid barrier