

Country Kids Pre-School & Childcare

Infant Sleep Position Policy



Reason this Policy is important:

Providing infants with a safe environment in which to grow and learn is of extreme importance to us. Therefore, our child care facility has implemented policies and procedures to create a safe sleep environment for infants. We follow the recommendations of the American Academy of Pediatrics (AAP) and the Consumer Safety Commission for safe sleep environments to reduce the risk of sudden infant death syndrome (SIDS). SIDS is “the sudden death of an infant under 1 year of age which remains unexplained after a thorough case investigation, including performance of a complete autopsy, examination of the death scene, and review of clinical history.”

Procedure and Practices, including responsible person(s):

- ⇒ Infant less than 12 months of age shall be placed on their backs on a firm tight-fitting mattress for sleep in a crib.
- ⇒ Waterbeds, sofas, soft mattresses, pillows, and other soft surfaces shall be prohibited as infant sleeping surfaces.
- ⇒ All pillows, quilts, comforters, sheepskins, stuffed toys, and other soft products shall be removed from the crib.
- ⇒ Blankets are not used in cribs
- ⇒ The infant’s head shall have no covering during sleep
- ⇒ Unless the child has a note from a physician specifying otherwise, infants shall be placed in a supine (back) position for sleeping to lower the risks of Sudden Infant Death Syndrome (SIDS)
- ⇒ When infants can easily turn over from the supine to prone position, they shall be put down to sleep on their back, but allowed to adopt whatever position they prefer to sleep.
- ⇒ Unless a doctor specifies the need for a positioning device that restricts movement within the child’s crib, such devices shall not be used.
- ⇒ There is no smoking allowed in the child care setting
- ⇒ Infants will not share a crib with other children
- ⇒ Infants will remain lightly clothed and comfortable while sleeping
- ⇒ Supervised “tummy time” will be observed while infant is awake.
- ⇒ At the time of application, families of infants will be informed of the programs sleep positions rules and given a copy of the policy, (brochure [www.indianaperinatal.org/sections.resources, php](http://www.indianaperinatal.org/sections.resources.php))
- ⇒ All staff will receive training on safe sleep practices before caring for infants and annually.

When the policy applies:

Communication plan for staff and parents:

This policy will be reviewed with the parents at the time of application and a copy will be provided in the parent handbook. SIDS information will be published annually in the newsletter and available as a handout. This policy will be reviewed during annual training and new staff orientation. A copy will also be provided in the staff handbook.

References:

Nations SIDS & Infant Death Program Support Center, SIDS Alliance, Caring for our Children, National Health and Safety Performance Standards

National Institute of Child Health and Human Development (NICHD): www.nichd.nih.gov/SIDS

First Candles: [www.firstcandle.org.newexpectant-parents.bedtime-basics-for-babies](http://www.firstcandle.org/newexpectant-parents.bedtime-basics-for-babies)

Indiana Perinatal Network: www.indianaperinatal.org

CJ foundation for SIDS: www.cjsids.com

Director Reviewed:	Date:
Parents Reviewed:	Date:

Effective Date and Review:

This policy is effective 2/18/2013 and will be reviewed annually.

Parents and staff will be notified of any upcoming policy review.

Staff Name	Original date Safe Sleep Training	Date of Safe Sleep Refresher
Ashley Ferguson	Aug. 28, 2018	
Keli Ankney	May 7, 2013	
Maygen Pierce	October 20, 2016	
Courtney Mathis	October 20, 2016	
Misty Pruitt		
Stacey Cavaletto	April 18, 2019	
Hannah Powers	April 18, 2019	
Mackenzie Lyden-Giger	April 18, 2019	