

# St. Philip's ECC

## Infant Safe Sleep Policy

Date Adopted: 12/31/2015

Revised: 4/4/16

**Purpose:** The purpose of the Safe Sleep Policy is to maintain a safe sleep environment that reduces the risk of sudden infant death syndrome (SIDS) and sudden unexpected infant deaths (SUIDS) in children less than one year of age. Missouri law (210.223.1, RSMo.) requires all licensed child care facilities that provide care for children less than one year of age to implement and maintain a written safe sleep policy in accordance with the most recent safe sleep accommodations of the American Academy of Pediatrics (AAP). Missouri child care licensing rules require licensed child care facilities to provide parent and/or guardian who have infants in care be provided a copy of the facility's safe sleep policy.

Child care providers can maintain safer sleep environments for infants that help lower the chances of SIDS. **Our goal is to take proactive steps to reduce the risk of SIDS in child care and to work with parents to keep infants safer while they sleep.** To do so, St. Philip's ECC will practice the following safe sleep practices:

### Safe Sleep Policy

1. The center shall establish, implement, and maintain written policies pertaining to goals, admission, safe sleep practices for children less than one year of age and provide a copy of such policies to parents at time of enrollment.
2. Infants (6 wks – 12 months) will always be placed on their backs to sleep.
3. When infants can easily turn from their stomachs to their backs and from their backs to their stomachs, they shall initially be placed on their backs but shall be allowed to adopt whatever positions they prefer to sleep. This is upon recommendation of the AAP.
4. A written statement from the infant's licensed health care provider will state that the infant requires alternative sleep positions.
5. Sleeping infants shall have a supervised nap period; lighting shall not be dark where the caregivers cannot see the child. The caregiver shall check on the infant during napping and shall remain within view of the infant. Any equipment that blocks the view will not be used; any devices which interferes with the caregiver's ability to hear a distressed infant will not be used.
6. Infants should be dressed for the environment, with no more than (1) layer of clothing.
7. The center director, all caregivers, and anyone counted in ratio will receive training on infant safe sleep based on the AAP safe sleep recommendations. This training must be completed within the first (30) days of hire and will be completed every (3) years. Training shall be documented and maintained.

### Safe Sleep Environment

1. Room temperature should be kept at no less than 68 F and no more than 85 F.
2. Each child is assigned individual crib or cot with clean fitted sheet.
3. Infants' heads and faces will not be covered during sleep. Infants' cribs will not have blankets or bedding hanging on the sides of cribs. ***We may use sleep sacks during nap time.***
4. No blankets, loose bedding, comforters, bedding, bumper pads, or any object that can increase the risk of entrapment, suffocation, or strangulation will be used in cribs.
5. Toys and stuffed animals will be removed from the crib when the child is sleeping. ***When indicated on the Infant and Toddler Feeding and Care Plan, pacifiers will be allowed while they sleep. The pacifier cannot have cords or attaching mechanisms.***
6. We will provide a firm mattress (sized correctly to crib) that is in good condition, waterproof, kept clean and dry with a tight-fitting sheet for napping; only one infant may occupy a crib at one time unless it is an emergency. Cribs shall meet the *Consumer Product Safety Commission* safety standards.
7. Infants who fall asleep anywhere other than a crib must be placed in the crib for the remainder of their sleep or nap time.
8. Home monitors or commercial devices shall not be used in place of supervision.
9. All parents/guardians of infants will receive St. Philip's Safe Sleep Policy at time of enrollment.
10. To promote healthy development, infants who are awake will be given supervised "tummy time" for exercise and play.
11. As St. Philip's policy states, no employee is to use tobacco products on facility grounds.