



The American Academy of Pediatrics recommends keeping soft objects and loose bedding (including blankets) out of the crib/portable crib to reduce the risk of SIDS, suffocation, entrapment, and strangulations for infants under the age of 12 months. The AAP recommends the use of pacifiers for sleep. Studies have reports a protective effect of pacifiers on the incidence of SIDS. The pacifier is not recommended to be attached to the infant's clothing or to a stuffed animal/toy. The pacifier should be checked for tears before each use.

Effective January 1, 2013, ND Child Care Licensing Regulations state:
With written parental permission, the provider may place one individual infant blanket or sleep sack, a pacifier, and a security item that does not pose a risk of suffocation to the infant in the crib or portable crib while the infant is sleeping or preparing for sleep.

Infant Sleep Directive

I have read the information on this form and give Energy Capital Cooperative Child Care permission to use the following checked item(s) when my infant _____ is sleeping or preparing to sleep.

- One infant blanket, provided by parents (a thin blanket is recommended)
 - A written order from a health care provider is required to use more than one blanket.
 - If infant is being swaddled, the blanket should not come any higher than to the shoulders of the infant; blanket should be kept loose around infant's hips.
 - Swaddling is recommended by the AAP to be discontinued one the infant shows signs of rolling over or reaches 2 months of age.
 - Licensing requires swaddling to be discontinued once an infant becomes mobile.
 - A written order from a health care provider is required to continue swaddling after an infant becomes mobile.
- Sleep sack
 - Swaddle sleep sacks (with arm panels) can be used until the infant shows signs of rolling over or reaches 2 months of age. Once the infant shows signs of rolling over or reaches 2 months of age, sleeveless sleep sacks should be used.
- Pacifier
- Security Item (specify item) _____

Name of Parent/Guardian (please print) _____

Parent/Guardian Signature _____ Date _____