



Safe Infant Sleep Policy

Ensuring infants are safe while the sleep is very important to our program. For this reason, Energy Capital Cooperative Child Care has created a policy on safe sleep practices for infants up to 1 year old. We follow the recommendations of the American Academy of Pediatrics (AAP) and the Consumer Product Safety Commission (CPSC) to provide a safe sleep environment and 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 investigation”. The staff at ECCCC follow the following policy.

Sleep Position:

- All infants (under 1 year of age) will be placed completely on their backs in an approved crib or portable crib for sleep unless a written note from the infant’s health care provider is provided stating the medical reason and the specific time frame that an alternate sleep position or alternate sleep surface (ex. car seat) is to be followed. Written permission from both parents must also be obtained to follow the order. ECCCC reserves the right to refuse care if ECCCC does not feel comfortable following the order.
- Infants will always be placed completely on their backs for sleep. However, when an infant can easily turn front to back and back to front, they can remain in whatever position they prefer to sleep.
- All infant’s heads will remain uncovered when sleeping.
- Bibs, necklaces, hooded sweatshirts, and hats will be removed before laying an infant down to sleep.
- Pacifiers will not be tied around infant’s neck or clipped on to an infant’s clothing. Pacifiers will be checked for cracks/tears before use. No stuffed animals/toys will be attached to pacifier.
- Positioning devices or wedges are not recommended and will not be used without a written order from a health care provider.
- Blankets are not recommended. If used, only one thin blanket is allowed.
- Swaddling is not recommended. If swaddled, only one thin blanket will be used no higher than infant’s shoulders. Swaddling will be discontinued once the baby shows signs of rolling or reaches 2 months of age.
- Sleep sacks are recommended instead of blankets. Swaddler sleep sacks will not be used once the infant shows signs of rolling or reaches 2 months of age.
- Written parental permission must be obtained to use blanket, sleep sack, pacifier, or security item for sleep. A copy of this Infant Sleep Directive will be kept in the infant classroom.

Sleep Environment:

- ECCCC will use CPSC guidelines for safety-approved cribs and portable cribs.
- Hardware will be checked weekly on cribs to make sure no pieces are loose, broken or missing.
- The mattress of the crib will be in the lowest position always.
- No crib toys or mobiles will be attached to the crib or portable crib. No items will be hung over the side of the crib or portable crib when an infant is in the crib.
- No monitors/devices are allowed to be attached to an infant or placed in the crib.
- All items will be kept out of reach of an infant in the crib.
- Infants will not sleep on water beds, sofas, soft mattresses, car seats, swings, bouncy seats, Boppys, or other soft surfaces.
- Soft materials such as pillows, stuffed toys, loose bedding, bumper pads (including mesh/breathable bumper pads), quilts, and comforters will not be placed in infants’ sleep environment.
- If a crib is used, infants will only sleep on the pad provided by the manufacturer with a properly fitted crib sheet.

- If a portable crib is used, infants will only sleep on the pad provided by the manufacturer with a properly fitting sheet. Velcro attachments will be used to keep pad in place.
- Playpen mesh will be less than 1/4" and free from tears/holes.
- Playpen frame will be structurally intact and checked often to make sure the frame is sturdy.
- Bassinets will not be used.
- Bassinet inserts and changing pad inserts for playpens will not be used.
- Infants will not share cribs/portable cribs at the same time.
- Smoking will not be allowed to smoke within 20 feet of Energy Capital Cooperative Child Care center. Staff will not be permitted to smoke on their breaks during work hours.

Supervision:

- All infants must be removed from their car seats (and have any outer clothing removed) by their parents and handed to ECCCC staff when they arrive.
- A staff member will visually check on the sleeping infants frequently (every 10-15 minutes) to view the color of infants' skin, to check on infant's breathing, to monitor for signs of overheating, to readjust blanket/clothing if needed, make sure the head is uncovered.
- Sleeping infants will be within hearing of staff always. Monitor will be used if staff is not always present in the room.
- When infants are awake, they will have supervised "tummy time".
- Infants will spend limited time (maximum of 15 minutes, 2 times a day) in car seats, swings, and bouncers/infant seats when they are awake.

Training:

- All staff of ECCCC will be trained yearly on safe sleep policies and practices before any individual is allowed to care for infants.
- Safe sleep policies and practices will be reviewed with all staff each year.
- Documentation that staff have read and understand these policies will be kept in each individual's file.
- All staff at ECCCC will be trained on emergency procedures for unresponsive infants as well as what to do when they have a question or need assistance before they can care for infants.

When the policy applies:

This policy applies to all staff when they are caring for infants at Energy Capital Cooperative Child Care.

Communication Plan for Staff and Parents:

Parents will review and sign this policy when they enroll their infant at ECCCC and a copy will be given to the parents. Parents are asked to follow this same policy when an infant is at home. Information regarding safe sleep practices, safe sleep environments, reducing the risk of SIDS in child care as well as other program health and safety practices will be shared if any changes are made. A copy will also be provided in the staff handbook.

Licensing requires written parental permission to use a blanket, sleep sack, pacifier or security item.

Child's Name _____ DOB _____

Director _____ Date _____

Parents _____ Date _____

_____ Date _____