

## **Infant Safe Sleep**

### **Sleep Positions:**

-infants must be placed on their backs to sleep. The only exception is when there is a written note from the child's physician that specifically indicates an alternate sleep position and a time frame for how long the instructions are to be followed. A posting will be on the child's crib regarding the alternate sleep position without identifying specific medical information. The child's file will contain the written order from the physician.

-If an infant, before enrollment has had an alternate sleep position, the director will obtain written parental permission to seek advice from the child's pediatrician about the best and safest way to transition the child to the back to sleep position. The parent can also obtain the information from the child's pediatrician in writing and give it to the director.

-if a physician requests that the infant's head be elevated, the parent is to submit to Countryside the note in writing that include how the crib should be raised, such as raising the mattress at one end or raising the crib at one end and for how long.

-infants will not be placed on their side for sleep. Devices such as wedges or infant positioners will not be used.

-Swaddling is not allowed at Countryside Child Care Center.

-infants who use pacifiers will be offered it when they are placed to sleep. The pacifiers will not be put back in their mouth if it falls out once they are asleep. The staff will check pacifiers periodically for tears and clean and maintain them.

-after being placed on their back to sleep, an infant who can easily turn over from back to front and front to back may remain in whatever position they prefer to sleep.

### **Sleep Environment:**

-Countryside Child Care Center will only use U.S. Consumer Product Safety Commission guidelines for safety-approved cribs and firm mattresses.

- each infant under 12 months of age will have their own individual crib.

- crib slats will be less than 2 3/8 inches apart.

- corner posts on cribs are not higher than 1/16 of an inch.

- cribs will not have drop sides.

- playpens/port-a-crib weave will be less than ¼ inch.

- the staff at Countryside will pay close attention and follow the manufacturers' weight and height requirements when assigning an infant to a crib/port-a-crib.

-mattresses must be firm and fit the crib without allowing space between the crib and the mattress and they must be covered with snug fitted sheets.

-cribs must be free from loose bedding, toys and other soft objects. Some examples are: pillows, comforters, sheep skins, bumper pads and stuffed toys.

-infants who fall asleep in highchairs, bouncers, swings, car seats or other equipment will be removed from such equipment and placed in a safe sleep environment.

-to prevent infants from overheating, the temperature in the room will be monitored and any outdoor or excessive clothing will be removed. Sleep clothing, such as sleepers and sleep sacks may be used as an alternative.

-bibs and pacifiers will not be tied around the infant's neck or clipped to their clothing during sleep.

-smoking is not allowed in or near the program.

**Supervision:**

-all children including infants enrolled in Countryside Child Care Center will be provided adequate supervision that ensures their health and safety. The staff is able to visually supervise infants without obstructions such as blankets draped over the sides of cribs, shelving units or other classroom furnishings.

-all rooms will have sufficient lighting to allow staff to monitor infants at all times, including during sleep.

**All staff at Countryside Child Care Center are trained in the program's safe sleep policy and the director reviews the information with all staff periodically. Each parent has a copy of the policy. It is given to them at the time of enrollment.**