Sudden Infant Death Syndrome (SIDS) is “the sudden death of an infant under one year of age which remains unexplained after a thorough case investigation, including: performance of a complete autopsy, examination of the death scene, and a review of the clinical history. (National Institute of Child Health and Human Development, Willinger et al, 1991)

The American Academy of Pediatrics (AAP) recommends that infants be placed to sleep on their backs, in their own crib, with nothing in the crib other than a fitted sheet covering a tightly fitting mattress.

In order to follow this recommendation, this facility has implemented the following Safe Sleep Policy:

**Katy's Kiddos Childcare**

**Safe Infant Sleep in Child Care**

**Sleep Position:**

* Infants will be placed flat on their backs to sleep every time unless there is a physician, practitioner or clinician signed sleep position medical waiver up to date on file. In the case of a waiver, a waiver notice will be posted at the infant’s crib without identifying medical information. The full waiver will be kept in the infant’s file.
* Infants will not be placed on their side for sleep.
* Devices such as wedges or infant positioners will not be used since such devices are not proven to reduce the risk of SIDS.
* Infants who use pacifiers will be offered their pacifier when they are placed to sleep, and it will not be put back in should the pacifier fall out once they fall asleep.
* Pacifiers will be cleaned between each use, checked for tears, and will not be coated in any sweet or other solution.
* Parents are asked to provide replacement pacifiers on a regular basis.
* While infants will always be placed on their backs to sleep, when an infant can easily turn over from back to front and front to back, they can remain in whatever position they prefer to sleep.

**Sleep Environment:**

* Our program will use Consumer Product Safety Commission guidelines for safety-approved cribs and firm mattresses.
  + Crib slats will be less than 2 3/8” apart
  + Infants will not be left in bed with drop side down
  + Playpen weave will be less than ¼”
* Consumer Product Safety Commission safety-approved cradles and bassinets may also be used for sleeping if the infant meets the weight and height requirements.
* Infants will not be placed to sleep on any standard bed, waterbeds, couches, air mattresses, or on other soft surfaces.
* Only one infant will be placed to sleep in each crib. Siblings, including twins and triplets, will be placed in separate cribs.
* The crib will have a firm tight fitting mattress covered by a fitted sheet and will be free from blankets, loose bedding, toys, and other soft objects (i.e., pillows, quilts, comforters, sheepskins, stuffed toys, etc.)
* To avoid overheating, the temperature of the rooms where infants sleep will be checked and will be kept at a level that is comfortable for a lightly clothed adult.
* Sleep clothing, such as sleepers, sleep sacks, and wearable blankets, may be used as alternatives to blankets.
* Bibs and pacifiers will not be tied around an infant’s neck or clipped on to an infant’s clothing during sleep.
* Smoking will not be allowed in or near Katy's Kiddos Childcare.

**Training:**

* All staff, substitute staff, and volunteers at Katy's Kiddos Childcare will be trained on safe sleep policies and practices.
* Safe sleep practices will be reviewed with all staff, substitute staff, and volunteers each year. In addition, training specific to these policies will be given before any individual is allowed to care for infants.
* Documentation that staff, substitutes, and volunteers have read and understand these policies will be kept in each individuals file.
* All staff, substitutes, and volunteers at Katy's Kiddos Childcare will be trained on first aid for unresponsive infants as well as what to do when they have a question or need assistance before they are allowed to care for infants.

**Supervision:**

* When infants are in their cribs, they will be within sight and hearing of staff at all times.
* A staff member will visibly check on the sleeping infants frequently.
* When an infant is awake, they will have supervised “tummy time.” This will help babies strengthen their muscles and develop normally.
* Infants will spend limited time in car seats, swings, and bouncer/infant seats when they are awake.

NOTE:

All parents/guardians of infants cared for in this facility will receive a typed copy of this facility’s Infant Safe Sleep Policy and SIDS risk reduction information before enrollment.

I, the undersigned parent/guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(child’s full

name), do affirm that I have read and received a copy of the facility’s Infant Safe Sleep

Policy and that the designated facility staff has discussed the Infant Safe Sleep Policy with

me.

Date of Enrollment:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent/Guardian:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Child Care Provider\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

1 copy provided to parent/guardian, 1 copy placed in child’s file.