

## SAFE SLEEP POLICY

In an effort to provide infants in our facility with a safe environment in which to grow and learn we are implementing policies and procedures to create a safe sleep environment.

Following the recommendations of the American Academy of Pediatrics (AAP) for safe sleep environments to reduce the risk of sudden infant death syndrome (SIDS), our written policy is as follows:

- All infants under 12 months of age will always be placed on their backs in safety-approved cribs, with a firm tight-fitting mattress. The only exception is if a note from the infant's physician is provided indicating a medical reason for an alternate sleep position.
- Positioning devices will not be used.
- Soft materials such as pillows, quilts, comforters, sheepskins, stuffed toys, and loose bedding will not be placed in the infant's sleep environment.
- If a blanket\*\* is used, the infant shall be placed in the crib with their feet at the foot of the crib and only a thin blanket tucked around the crib mattress with the blanket no higher than the infant's chest.  
*\*\*Note: the use of blankets is contrary to the AAP recommendations; however IF they are used please follow these guidelines.*
- Each infant will have their own crib. Infants will not share a crib with other infants.
- When infants can easily turn over from their backs to their stomachs, they shall be put down to sleep on their back but allowed to adopt whatever position they prefer for sleep.
- Sleeping infants will be supervised at all times.
- Supervised "tummy time" will be observed while infant is awake.
- Child care staff will be trained in safe sleep and SIDS risk reduction.

\_\_\_\_\_  
Signature of Child Care Provider

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date



Academy of Pediatrics "*Reducing the Risk of SIDS in Child Care.*"

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