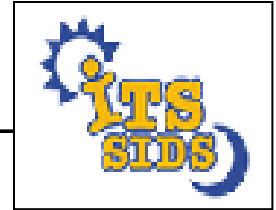


Name of Center: Chapel Hill Day Care Center



## Infant/Toddler Safe Sleep Policy

Date Adopted: 7-1-07

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined based on an autopsy, an investigation of the place where the baby died and a review of the baby's clinical history.

Child care providers can maintain safer sleep environments for babies that help lower the chances of SIDS. N.C. law requires that child care providers caring for children 12 months of age or younger, implement a safe sleep policy, share this information with parents and participate in training.

In the belief that proactive steps can be taken lower the risks of SIDS in child care and that parents and child care providers can work together to keep babies safer while they sleep, this facility will practice the following safe sleep policy:

### Safe Sleep Practices

1. All child care staff working in this room, or child care staff who may potentially work in this room, will receive training on our infant Safe Sleep Policy.
2. Infants will always be placed on their backs to sleep, unless there is a signed sleep position medical waiver on file. In that case, a notice will be posted on the infant's crib.
3. The American Academy of Pediatrics recommends that babies are placed on their back to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer for sleep. Every crib will have a milestones label next to it.
4. We will follow this recommendation by the American Academy of Pediatrics. However, child care staff can further discuss with parents how to address circumstances when the baby turns onto their stomach or side.
5. Sleeping infants will be checked every **15** minutes by staff. We will check each baby's skin color, breathing-rise and fall of the chest and if they are sweaty. We will be especially alert to monitoring a sleeping infant during the first weeks the infant is in child care.
6. Steps will be taken to keep babies from getting too warm or overheating by regulating the room temperature, avoiding excess bedding and not over-dressing or over-wrapping the baby.
7. Room temperature will be kept between **68-74 degrees F**.
8. Infants' heads will not be covered with blankets or bedding. Infants' cribs will not be covered with blankets or bedding.

### Safe Sleep Environment

9. No loose bedding, pillows, bumper pads, etc. will be used in cribs. Toys and stuff animals will not be allowed in the crib when the infant is sleeping.
10. Only one blanket and Pacifiers will be allowed in crib when the infant is sleeping.
11. A safety-approved crib with a firm mattress and tight fitting sheet will be used.
12. Only one infant will be in a crib at a time, unless we are evacuating infants in an emergency.
13. No smoking is permitted in the infant room or on the premises.
14. All parents/guardians of infants cared for in the infant room will receive a written copy of our Infant/ Toddler Safe Sleep Policy before enrollment.

I, the undersigned parent or guardian of \_\_\_\_\_(child's full name), do hereby state that I have read and received a copy of the facility's Infant/ Toddler Safe Sleep Policy and that the facility's director/ owner/ operator (or other designated staff member) has discussed the facility's Infant/ Toddler Safe Sleep Policy with me.

Date of Child's Enrollment: \_\_\_\_\_

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

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

Distribution: one signed copy to parent(s)/ guardian(s); signed copy in child's facility record.