

## SAFE SLEEP POLICY – In-home Provider

In an effort to provide infants in my home with a safe environment in which to grow and learn I am 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) and accidental suffocation, my written policy is as follows:

- All infants under 12 months of age will always be placed on their backs in safety-approved cribs or pack and play, with a firm tight-fitting mattress. Stacking cribs or bassinets shall not be used. If the child falls asleep on a surface other than a crib or a playpen, the child shall be moved to a crib or playpen.
- Positioning devices will not be used.
- Soft materials such as pillows, quilts, heavy blankets, bumpers, 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.
- Each infant will have their own crib or pack and play. Infants will not share a crib with other infants. Infants will not sleep in adult beds, couches or other surfaces not designed for infants. Infants will not co-sleep with adults or other children.
- 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 or within hearing distance and the door to the room they are sleeping in will be left open.
- 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.

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Signature of Child Care Provider

Date

Signature of Parent

Date



This safe sleep policy is adapted from the Infant Mortality Risk Reduction Work Team of National SIDS & Infant Death Program Support Center (NSIDPSC) & American Academy of Pediatrics "*Reducing the Risk of SIDS in Child Care.*"

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