



## Safe Sleep Policy

Providing infants with a safe place to grow and learn is very important. For this reason, *MIGHT TLC* has created a policy on safe sleep practices for infants up to 1-year old. We follow the recommendations of the American Academy of Pediatrics (AAP) and the Consumer Product Safety Commission to provide a safe sleep environment and reduce the risk of sudden infant death syndrome (SIDS). SIDS is “the sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation.” The staff, substitute staff, and volunteers at *MIGHT TLC* follow the AAP safe sleep policy

### 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.
- When an infant unexpectedly falls asleep during another activity (e.g. mealtimes, story time, in a bouncer or swing), the infant will immediately be taken to crib and laid down on their backs 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 <sup>3</sup>/<sub>8</sub>” apart
  - Infants will not be left in bed with drop side down
  - Playpen weave will be less than 1/4”
- Infants will not be placed to sleep on any standard bed, waterbeds, couches, air mattresses, or on other soft surfaces.

## Safe Sleep Policy (cont).

- 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 covered by a fitted sheet and will be free from blankets, loose bedding, toys, and other soft objects (i.e., pillows, quilts, comforters, bumper pads, 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 during sleep.
- Smoke will not be allowed in or near *MIGHT TLC*.

### Supervision:

- When infants are in the cribs, they will be within sight and hearing of staff at all times,
- A staff member will be visibly check on the sleeping infants frequently every 15 minutes.
- 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 swings and bouncer/infant seats when they are awake and will only be placed in car seat for transportation reasons or at arrival/departure with present.

### Training:

- All staff, substitute staff, and volunteers at *MIGHT TLC* 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 *MIGHT TLC* will be trained on CPR and First Aid for unresponsive infants as well as what to do when they have a question or need assistance.

### When the Policy Applies:

This policy applies to all staff, substitute staff, parents, and volunteers when they place an infant to sleep in *MIGHT TLC*.

### Communication Plan for Staff and Parents:

Parents will review this policy when they enroll their child in *MIGHT TLC* and a copy will be provided in the parent handbook. Parents are asked to follow this same policy when the infant is at home. These policies will be posted in prominent places. Information regarding safe sleep practices, safe sleep environments, reducing the risk of SIDS in child care as well as other program health and safety practices will be shared if any changes are made. A copy will also be provided in the staff handbook.

*The information contained in this publication should not used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.*



## Safe Sleep Policy (cont).

### Swaddling (if applicable)

I hereby request that my infant \_\_\_\_\_ be **swaddled** during naptime and am aware of the safety ramifications listed within this policy.

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### Permission to Sleep on BACK (if applicable)

I hereby request that my infant \_\_\_\_\_ be **laid on his/her back** during naptime **due to** \_\_\_\_\_

and am aware of the safety ramifications listed within this policy.

The signed sleep position **Medical Waiver** is **up to date and attached to this document.**

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*Any individual who has questions may ask: CEO/Executive Director or Administrative Director*

**Date:** \_\_\_\_\_

**Child's Name:** \_\_\_\_\_

**DOB** \_\_\_/\_\_\_/\_\_\_

**Signed by:**

**Parent** \_\_\_\_\_

**Infant Teacher** \_\_\_\_\_

**Administrative Director** \_\_\_\_\_

Effective Date and Review:

This policy is effective **12/01/2019** and will be reviewed annually by **12/01/\_\_\_\_** or sooner if needed. Parents and staff will be notified of any upcoming policy review.

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