



First Presbyterian Church Child Development Center Infant Safe Sleep Policy

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined. Childcare providers can maintain safer sleep environments for babies that help lower the chance of SIDS. NC law requires that child care providers caring for children under 12 months of age, implement a safe sleep policy, share this information with parents and provide staff training.

In the belief that proactive steps can be taken to lower the risk of SIDS in childcare settings and that parents and child care providers can work together to keep infants safe while they are asleep, the following safe sleep practices will be enforced at First Presbyterian Church CDC:

1. All staff, substitutes, and volunteers working, or who may potentially work, in infant rooms are required to attend an Infant Safe Sleep training. This training will be repeated at least every 3 years.
2. The FPC CDC Safe Sleep Policy will be posted in the infant room.
3. All infants are put to sleep on their back in their assigned crib as recommended by the American Academy of Pediatrics (AAP) unless a completed *Alternative Sleep Position Waiver* is on file. A notice of waiver will be posted on the infant's crib. For an infant 2-6 months, a written waiver must be received from a health care professional. For infants older than 6 months, a waiver must be signed by a health care professional OR a parent/legal guardian. We retain the waiver in the child's record for as long as they are enrolled.
4. When infants can easily turn over from their back to their stomach, they will continue to be put to sleep on their back, but allowed to adopt whatever position they prefer. Childcare providers can further discuss with parents how to address circumstances when their infant turns on his/her stomach or side. Repositioning sleeping infants onto their backs is not recommended by the AAP. We will document when the infant can roll from back to stomach and discuss this with the parents. We will put a notice in the child's file and on or near the infant's crib.
5. Sleeping infants will remain in a caregiver's visual line of sight at all times. Visual checks of infants 12 months or younger will take place and be documented every 15 minutes by their primary caregiver on an Infant Sleep Checklist. Caregivers will check each child's sleep position, breathing, color, and body temperature. The Infant Sleep Checklist will remain on file for one month.
6. Nothing will be placed over the head or face of an infant aged 12 months or younger when h/she is laid down to sleep.
7. Infants who fall asleep in a location other than their crib will be immediately moved to his/her assigned crib.
8. Infants will be removed from their crib as soon as they awaken.
9. Bumper pads, pillows, stuffed animals, other soft items and loose bedding will not be allowed in cribs. Blankets, bibs, burp cloths, etc. may not be hung on sides of cribs at any time.
10. Pacifiers will be allowed when children are placed to sleep, they may not be attached to clips or devices that attach to infant's clothing. If pacifier falls out of child's mouth, it will not be reinserted but removed from the crib.
11. A safety-approved crib with a firm mattress and tight-fitting sheet will be used.
12. Each infant will have his/her own crib. Only one infant will be in a crib at a time, unless infants are being evacuated for an emergency.
13. Steps will be taken to keep infants from becoming too warm or over heating by regulating the room temperature (between 68-75 degrees Fahrenheit), avoiding excess bedding, and not over-dressing. We do not allow for swaddling infants.
14. No smoking is allowed on the FPC CDC premises including the infant rooms.
15. FPC CDC supports nursing mothers. We provide a private space for nursing mothers located in S204.

Upon enrollment in the infant program, parents/guardians will receive a written copy of the *Infant Safe Sleep Policy*. We review the policy with them and ask that they sign a statement affirming they have received and reviewed the policy. We encourage the families to follow the same safe sleep practices to ease infant's transition into child care. Any changes to this policy will be communicated to the parents of infants at least 14 days prior to the implementation of the changes.

I, the undersigned parent/guardian of _____ (child's full name) do hereby state that I have read and received a copy of the center's *Infant Safe Sleep Policy* and the center's director, or other designated faculty member, has discussed the *Infant Safe Sleep Policy* with me.

Date Infant First Attended Center: _____

Date Policy Given to and Explained to Parents: _____

Signature of Parent/Guardian: _____ Date: _____

One signed copy is given to parents/guardians. Original copy is kept in the child's center file and one copy is hung near the infant's crib.