

## JEWISH BEGINNINGS EARLY LEARNING CENTER

### INFANT/TODDLER SAFE SLEEP POLICY

Child's Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

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. In the belief that proactive steps can be taken to lower the risk of SIDS in our setting and that parents and child care professionals can work together to keep babies safer while they sleep, we will practice the following safe sleep policy.

#### **Safe Sleep Practices and Environments:**

1. All child care staff working in the infant 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 backs 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 to sleep. 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.
4. Sleeping infants will be checked periodically by staff. We will be especially alert to monitoring a sleeping infant during the first week the infant is in child care. (Approximately every 10 minutes.)
5. Steps will be taken to keep babies from becoming too warm or over heated by regulating the room temperature and by not over-dressing the baby.
6. Room temperature will be kept between 68-72° F.
7. We are a "blanket free" infant room, and will not use blankets in cribs. If a parent wishes to provide a "sleep sack" for their baby, they may. The sleep sack will be sent home each night for laundering by the parent.
8. No pillows, comforters, bumper pads, etc. will be used in cribs. Babies will be placed 1 foot from the bottom of the crib to sleep.
9. No toys or stuffed animals will be used in cribs.
10. Pacifiers may be used in cribs.
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. A written copy of this Infant/Toddler Safe Sleep Policy will be provided to infant room parents/guardians prior to enrollment.
15. Babies may only be propped with written permission from a physician due to a medical condition.
16. Infants will not be left in a rocker, high chair or similar item to sleep.

I, the undersigned parent or guardian, do hereby state that I have read, discussed and received a copy of the Jewish Beginnings Early Learning Center's Infant/Toddler Safe Sleep Policy from the Center's Director and/or Owner.

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