

Community Learning Center 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 based on an autopsy, an investigation of the place where the infant died, and a review of the infant's medical history.

We believe that a safe sleep environment for infants helps lower the chances of an infant dying from SIDS, and that parents and child care providers can work together to provide a safe sleep environment. According to N.C. Law G.S. 100-91 (15), child care providers caring for infants 12 months of age or younger, are required to implement a safe sleep policy, share the safe sleep policy with parents/guardians, and participate in Infant-Toddler Safe Sleep and SIDS Risk Reduction in Child Care training. The Community Learning Center will implement the following safe sleep practices.

Safe Sleep Practices

1. All child care staff caring for infants and child care staff that may potentially care for infants will receive training on how to implement our infant Safe Sleep Policy.
2. Infants will always be placed on their **backs to sleep**, unless there is a signed *Alternate Sleep Position Waiver by a Health Care Professional Recommendation in the infant's file*. A waiver notice will be posted at the infant's crib. Community Learning Center **does not accept a Parent Request to use an *Alternate Sleep Position Waiver*** –. Medically necessary waivers will be retained in the children's record as long as they are enrolled.
3. When babies can easily turn over from the back to the stomach, they will be placed to sleep on their backs and then allowed to adopt the sleep position they prefer. This is in accordance with the American Academy of Pediatrics (AAP) recommendations. 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 within sight and sound of a caregiver. We will be especially alert to monitoring a sleeping infant during the first weeks the infant is in child care. We will check the infant for:
 - Normal skin color
 - Normal breathing by watching the rise and fall of the chest
 - His or her level of sleep
 - Signs of overheating: flushed skin color, increase in body temperature (touch the skin), and restlessness
5. Staff will reduce the risk of overheating by not over-dressing or over-wrapping the infants.
6. All parents/guardians of infants cared for in the facility will receive a written copy of our Infant/Toddler Safe Sleep Policy before enrollment, will review the policy with staff, and sign a statement saying they received and reviewed the policy.
7. The temperature in the room where the infant(s) sleep will be kept between 68-75°F and monitored by a thermometer in the classroom.
8. To promote healthy development, awake infants will be given supervised "tummy time" for exercise and for play.
9. Infants will not be allowed to sleep in swings or car seats.

Safe Sleep Environment

10. No blankets, loose bedding, pillows, bumper pads, etc. will be used in cribs.
11. Toys and stuffed animals will be removed from the crib when the infant is in the crib.
12. Pacifiers only, with no attachment be allowed in infants' cribs while they sleep.
13. A safety-approved crib with a firm mattress and tight fitting sheet will be used.
14. Each infant will sleep in his or her own crib. Only one infant will be in a crib at a time, unless we are evacuating infants in an emergency.
15. No smoking is permitted in the infant room or on the premises.

Distribution: Parents and staff will review the policy and be informed of changes 14 days before the effective date.

One copy signed by parent(s)/guardian(s) will be given to parent(s)/guardian(s) and one copy will be kept in child's facility record. I have read and received a copy of the Infant/Toddler Safe Sleep Policy and that I discussed the facility's Infant/Toddler Safe Sleep Policy with the Director.

Date: _____

Signature of Parent, Guardian or Childcare provider