

Buttons & Bows Childcare

Infant Safe Sleep Policy

Date Adopted: August 29th 2014

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 Buttons & Bows Childcare follow the AAP safe sleep policy.

Sleep Position

1. Infants will be placed on their back to sleep unless there is a physician signed sleep position medical waiver up to date on file. Infants with those waivers will have a notice posted where they sleep.
2. The AAP recommends that babies are placed on their back 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 for sleep.
3. 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.
4. Devices such as wedges or infant positioners will not be used since such devices are not proven to reduce the risk of SIDS.

Sleep Environment

1. 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.
2. No additional items such as loose bedding, pillows, bumper pads, toys or stuffed animals will be used in cribs. We will tuck any infant blankets in at the foot of the crib and along the sides of the crib mattress.
3. Infants' heads will not be covered and sleep clothing, such as sleepers, sleep sacks, and wearable blankets, may be used as alternatives to blankets.
4. A safety-approved crib with a firm mattress and tight fitting sheet will be used.

5. Only one infant will be in a crib at a time, unless we are evacuating infants in an emergency.
6. No smoking is permitted anywhere on the premises.
7. All parents/guardians of infants cared for will receive a written copy of our Infant Safe Sleep policy before enrollment.
8. Bibs and pacifiers will not be tied around an infant's neck or clipped on to an infant's clothing during sleep.
9. Infants will not be allowed to sleep on a couch, chair cushion, bed, pillow, or in a car seat, swing or bouncy chair. If an infant falls asleep anyplace other than a crib, the infant will be moved to a crib right away.
10. An infant who arrives asleep in a car seat will be moved to a crib

Supervision of Infant Sleep

1. Sleeping infants will be checked visually every 10 minutes. We will check to see if the infant's skin color is normal, watch the rise and fall of the chest to observe breathing and look to see if the infant is sleeping soundly. We will check the infant for signs of overheating including flushed skin color, body temperature by touch and restlessness.
2. When infants are in their cribs, they will be within sight and hearing of staff at all times.
3. To promote healthy development, awake infants will be given supervised "tummy time" for exercise and for play.

Training

1. All staff, substitute staff, and volunteers at Buttons and Bows Childcare will be trained on safe sleep policies and practices.
2. 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.
3. Documentation that staff, substitutes, and volunteers have read and understand these policies will be kept in each individual's file.

Safe Sleep Policy Agreement

I, the undersigned parent/guardian of _____ (child's full name), do affirm that I have read and received a copy of the facility's Infant Safe Sleep Policy and that the designated facility staff has discussed the Infant Safe Sleep Policy with me.

Date of Enrollment: _____

Signature of Parent/Guardian: _____ Date: _____

Signature of Child Care Provider _____ Date: _____

1 copy provided to parent/guardian, 1 copy placed in child's file.