



Safe Infant Sleep Policy and Procedure

Providing infants with a safe place to grow and learn is very important. For this reason, Palo Alto Community Child Care has created safe sleep procedures 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 PACCC follow the AAP safe sleep policy.

Sleep Position:

- Infants will always be placed flat on their backs to sleep unless a physician, practitioner or clinician requires otherwise and provides a written notice that is up to date and on file. In this case the notice will be posted at the infant’s crib without identifying medical information. The full notice 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. Once the child falls asleep, the pacifier will not be put back into the child’s mouth should the pacifier fall out.
- 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 on their own, they can remain in whatever position they prefer to sleep.
- If an infant arrives to the program asleep, or falls asleep, in equipment not specifically designed for infant sleep, the infant will be placed in appropriate sleep equipment.

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 3/8” apart
 - Infants will not be left in bed with drop side down
- Infants will not be placed to sleep on any standard bed, waterbeds, couches, air mattresses, or on other soft surfaces.
- 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 mattress covered by a fitted sheet and will be free from loose bedding, toys, and other soft objects (i.e., pillows, quilts, comforters, 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.
- Blankets are never used in cribs. PACCC infant programs use sleep sacks for infants.
- Bibs and pacifiers will not be tied around an infant's neck or clipped on to an infant's clothing during sleep.
- Smoking will not be allowed in or near any PACCC program.

Supervision:

- When infants are in their cribs, they will be within sight and hearing of staff at all times.
- A staff member will visibly check on the sleeping infants frequently.
- When an infant is awake, they will have supervised "tummy time." This will help babies strengthen their muscles and develop normally.

Procedure:

- Safe sleep policy and procedures will be reviewed with all staff, substitute staff, and volunteers each year.
- Documentation that staff have read and understand these procedures will be kept in each individual's file.
- All staff at PACCC will be trained on first aid for unresponsive infants as well as what to do when they have a question or need assistance before they are allowed to care for infants.

Communication Plan for Staff and Parents:

Parents will receive and review these procedures when they enroll their child in a PACCC infant center. Parents are asked to follow these same procedures when the infant is at home. These practices are posted in infant sleep areas. 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.

The information contained in this publication should not be 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.

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