

The Vail Child Development Center

Infant/Toddler 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. TVCDC 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. They will also take the safe sleep online training annually. Proof of training will be kept on file.
2. Infants will always be placed on their **backs to sleep**, unless there is a signed *Alternate Sleep Position Waiver*- Health Care Professional Recommendation in the infant's file. This must be signed by the infant's physician. A waiver notice will be posted at the infant's crib. This facility does not accept *Alternate Sleep Position Waiver* – Parent Request. 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 visually checked daily, every 10 minutes, by assigned staff. The sleep information will be recorded on a Sleep Chart. We will be especially alert to monitoring a sleeping infant during the first weeks the infant is in child care. No sound monitoring equipment is used. Teachers are in the room at all times with infants. We will check all infants 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. Swaddling is prohibited, unless there is a signed swaddling permission form from the infants physician stating swaddling is medically indicated along with a signed health care plan in infants the file.
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 the thermometer kept in the infant sleeping room.
8. To promote healthy development, awake infants one month or older will be given supervised "tummy time" for up to 20-30 minutes per day for exercise and for play. If infant falls asleep during tummy time, they will be immediately placed in a crib on their back.

Safe Sleep Environment

9. No loose or soft bedding, pillows, bumper pads, toys, mobiles, or other soft objects will be used in cribs. We may use a sleep sack or one-piece sleeper instead of a blanket, only those that allow free movement of arms and legs. Sleep sacks that swaddle or restrain the arms will not be allowed, unless the physician permission form is complete and on file.
10. Pacifiers will be allowed in infants' cribs while they sleep, unless the parent has signed a waiver that the infant is not to be given a pacifier. When the pacifier falls out of the sleeping infant's mouth, it will not be reinserted into the infant's mouth. The pacifier is the only object we will allow in a crib. If the infant refuses the pacifier, they will not be forced to take it. All pacifiers provided will be clean and dry and will not coated in any sweet solution.
11. A [Consumer Product Safety Commission](#) safety-approved crib with a firm mattress and tight fitting sheet will be used. Drop-side cribs will not be used. Cribs will have no gaps larger than two fingers between the sides of the crib and mattress. Bassinets and pack-n-plays will not be used in the center.
12. Each infant up to twelve months will have his or her own crib. Only one infant will be in a crib at a time, unless we are evacuating infants in an emergency.
13. An infant who arrives asleep in a car seat will be moved to a crib. Infants who fall asleep in any type of swing, bouncy seat, high chair or activity chair must immediately be moved to their approved sleep area and placed on their back to sleep.
14. Our child care program is a smoke free environment.
15. Our child care program supports breastfeeding.
16. Any music played in the room will be played softly, no music will be played in, under or within 3 feet of a crib. All music will be developmentally appropriate.
17. Cribs are only used for sleeping, not for extended play or confinement. Infants must not be confined to cribs or high chairs for more than 15 minutes unless sleeping or actively eating.

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

Date of Child's Enrollment: _____

Signature of Parent or Guardian: _____ Date: _____

Signature of Child Care Provider: _____ Date: _____