

Safe Sleep Policy (infants)

Beautiful Beginnings wants to promote practices that ensure safe sleep while infants are napping or sleeping. Recommendations of the SIDS Foundation have been implemented to make sure our center utilizes the most up-to-date information for infant safety. The following practices will be used:

- Infants up to 12 months of age will be placed in the supine position (on their back) to sleep, unless written documentation from a pediatrician and a signed waiver stating that an alternate sleep position is required for the child are given to.
- Infants will be placed for sleep in safe sleep environments; which includes: a firm crib mattress covered by a tight-fitting sheet in a safety-approved crib (the crib should meet the standards and guidelines reviewed/approved by the U.S. Consumer Product Safety Commission [CPSC] and ASTM International [ASTM]), no monitors or positioning devices should be used unless required by the child's primary care provider, and no other items should be in a crib occupied by an infant except for a pacifier;
- Infants will not nap or sleep in a car safety seat, bean bag chair, bouncy seat, infant seat, swing, jumping chair, play pen or play yard, highchair, chair, futon, or any other type of furniture/equipment that is not a safety-approved crib (that is in compliance with the CPSC and ASTM safety standards);
- If an infant falls asleep in any place that is not a safe sleep environment, staff will immediately move the infant and place them in the supine position in their crib;
- Only one infant should be placed in each crib (unless following emergency fire evacuation procedures). Each infant will be assigned their own crib.
- Soft or loose bedding will be kept away from sleeping infants and out of safe sleep environments. These include, but are not limited to: bumper pads, pillows, quilts, comforters, sleep positioning devices, sheepskins, blankets, flat sheets, cloth diapers, bibs, etc. Also, blankets/items should not be hung on the sides of cribs. Swaddling infants when they are in a crib is not necessary or recommended, but rather one-piece sleepers will be used;
- No toys, including mobiles and other types of play equipment that are designed to be attached to any part of the crib will be used in safe sleep environments;

- When staff place infants in their crib for sleep, they will check to ensure that the temperature in the room is comfortable for a lightly clothed adult, check the infants to ensure that they are comfortably clothed (not overheated or sweaty), and that bibs, necklaces, and garments with ties or hoods are removed (clothing sacks or other clothing designed for sleep can be used in lieu of blankets);
- Infants will be directly observed by sight and sound at all times, including when they are going to sleep, are sleeping, or are in the process of waking up;
- Bedding will be changed weekly, unless an accident occurs– then bedding will be laundered the same day. Cribs will be sanitized weekly as well.

The above policy has been explained to me, and I am aware that Beautiful Beginnings will take steps to ensure the safety of my infant.

Parent Signature

Date