

## Infant/Crawler Safe Sleep Policy

Date Adopted: August 2005



Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby whom no cause of death can be determined based on an autopsy, and investigation of the place where the baby died and a review of the baby's clinical history.

Childcare providers can maintain safer sleep environments for babies that help lower the chances of SIDS. North Carolina law requires that the childcare providers caring for children 12 months of age or younger, implement a safe sleep policy, share this information with parents and participate in training.

In the belief that proactive steps can be taken lower the risks of SIDS in child care and that the parents and childcare providers can work together to keep babies safer while they sleep, Metrolina Christian Academy Early Education Center will practice the following safe sleep policy:

Metrolina Christian Academy Early Education Center follows the recommendations of the American Academy of Pediatrics (AAP) and the Consumer Products Safety Commission regarding safe sleep environments to reduce the risk of Sudden Infant Death Syndrome (SIDS). SIDS is the "sudden death of an infant under one year of age which remains unexplained after a thorough case investigation, including performance of a complete autopsy, examination of the death scene, and review of the clinical history."

- ❖ All infants/crawlers will be placed on his/her back in a crib that is safety – approved by the U.S. Consumer Product Safety Commission for Sleep, unless a physician requests, in writing, an alternate sleep position.
- ❖ Infants/crawlers will not sleep on waterbeds, sofas, soft mattresses, or other soft surfaces.
- ❖ Soft materials such as pillows, wedges or other positioners, pillow-like toys, BLANKETS, toys, mobiles, bumper pads, quilts, sheepskins, loose bedding, towels and washcloths, or other objects may not be placed with a sleeping infant aged 12 months or younger.
- ❖ Infant/crawlers will not share a crib with other children unless we are evacuating infants/crawlers in an emergency.
- ❖ Infants/crawlers will remain lightly clothed and comfortable while sleeping. We do not allow garments that restrict movement.
- ❖ No swaddling of infants.
- ❖ infant/crawler will have supervised "tummy time" while on the floor mat.
- ❖ All infants are prohibited from sleeping in sitting devices, including but not limited to, car safety seats, strollers, swings, bouncy seats and infant carriers. Infants that fall asleep in sitting devices shall be moved to an appropriate sleep environment.
- ❖ We visually check sleeping infants every 15 minutes and record what we see on a Sleep Chart.

### Environment:

1. Room temperature will be kept between 68°F and 75°F and adjusted accordingly.
2. Infants/crawlers heads or cribs will not be covered with blankets or bedding.
3. No loose bedding, pillows, blankets, bumper pads, toys, stuffed animals, etc. will be allowed in cribs.
4. A safety-approved crib with a firm mattress and tight-fitting sheet will be used.
5. Only one infant/crawler will be in a crib at a time, unless we are evacuating infants/crawlers in an emergency.
6. No smoking is permitted in the infant/crawler room or on the premises.
7. All parents/guardians of infants/crawlers cared for in the infant/crawler room will receive a written copy of our Infant/Crawler Safe Sleep Policy before enrollment as well as all teachers that work in an infant/crawler room.

Mrs. Teena Potts  
Director  
Metrolina Christian Academy Early Education