

Over the Rainbow Childcare Center

Infant Safe Sleep Policy

Our program has adopted the safe sleep practices recommended by the American Academy of Pediatrics. The policy is added to our infant enrollment packet.

Our policy includes the following:

- ✓ All infants under 12 months of age shall be placed in a supine (back) position for sleeping in a well-constructed, free-standing crib or other pieces of equipment designed for infant sleeping and appropriate for the particular child, that meets current safety standards, with a snug fitting mattress covered with a tightly-fitted sheet unless the child has written documentation from a physician, physician assistant or advanced practice registered nurse specifying a medical reason for an alternative sleep position or alternate piece of equipment..
- ✓ When infants can easily turn over from the supine to the prone position, they shall be put down to sleep on their back but allowed to adopt whatever position they prefer.
- ✓ No items including, but not limited to, pillows, soft bumpers, toys, and blankets, including weighted blankets, weighted sleepers, and weighted swaddles, shall be placed with an infant in a crib or hung over the side of a crib or other piece of equipment designed for sleeping except for a pacifier without attachments unless the child has written documentation from a physician, physician assistant or advanced practice registered nurse specifying a medical reason for its use. Bibs and garments with ties or hoods shall be removed from infants placed to sleep. No toys or objects shall be attached to sleeping or rest equipment.
- ✓ No infant shall be put on a bed, sofa, soft mattress, waterbed, or other soft surface. No infant shall be put to sleep or allowed to remain asleep in a child restraint system intended for use in a vehicle, an infant carrier, a swing, or other place that is not specifically designed to be an infant bed unless the child has written documentation from a physician, physician assistant or advanced practice registered nurse specifying a medical reason for their use.
- ✓ No infant shall be swaddled unless the child has written documentation from a physician, physician assistant, or advanced practice registered nurse specifying instructions and a timeframe for swaddling the infant.
- ✓ Infants under twelve months of age shall be physically observed at least every 15 minutes to assess the infant's breathing, color, temperature, and comfort.
- ✓ No child under three years of age shall have access to teething necklaces, teething bracelets, or other jewelry that could present a choking or strangulation hazard

Parent Signature _____

Date _____