

YCP Infant Sleep Policy

Providing infants with a safe place to grow and learn is very important. For this reason, **Your Child's Place** has created a policy on safe sleep practices for infants up to 1-year-old. We follow the recommendations of the American Academy of Pediatrics (AAP), the Consumer Product Safety Commission, and the Virginia Department of Social Services, Division of Licensing Programs 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."*

Cribs shall be used for children under 12 months of age and for children over 12 months of age who are not developmentally ready to sleep on a cot or mat (Only Lead Teachers in consultation with Management will make the determinations to move a child out of a crib and onto a Rest Mat)

The staff and volunteers at **Your Child's Place** strictly adhere to this policy - *please immediately notify Lead Teachers and Management if you witness any actions contrary to the following stated policies.*

Sleep Position:

- Infants will be placed flat on their backs to sleep every time unless there is a physician, practitioner or clinician signed sleep position medical waiver up to date on file. In the case of a waiver, a waiver notice will be posted at the infant's crib without identifying medical information. The full waiver 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 never 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, and will not be put back in should the pacifier fall out once they fall asleep.
- Bibs and pacifiers will not be tied around an infant's neck or clipped on to an infant's clothing during sleep
- Pacifiers may not be used during sleep if they are attached to blankets, comfort toys, or other similar items.
- 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, they can remain in whatever position they prefer to sleep.

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 and no more than 1" between crib and mattress.
 - Occupied cribs will be placed with a minimum of 12" of clearance between each and 30" of space between cribs/furniture when adjacent to a walkway.
 - Infants will not be left in bed with drop side down (*YCP does not allow such cribs on the premises.*)
- Infants will only be placed to sleep in their individual/labeled cribs or cots.

- Only one infant will be placed to sleep in each crib/cot. Siblings, including twins and triplets, will be placed in separate cribs.
- The crib/cot will have a firm tight fitting mattress covered by a fitted sheet.
- Swaddle Blankets will not be allowed and the swaddling technique will not be used at **Your Child's Place**.
- Sleep clothing, such as sleepers, sleep sacks, and wearable blankets, may be used for those infants unable to roll over on their own.
- Once a child is able to roll over:
 - They may be allowed one blanket in their crib for sleeping with parental consent – this consent form will be placed in the child's records.
 - Only one blanket will be permitted in a child's crib or cot.
 - Sleep areas will be free from any additional loose bedding, toys, and other soft objects (i.e., pillows, quilts, comforters, bibs, stuffed toys, etc.)
 - Blankets may be pulled up to a child's chest, but no higher and will never cover the chin, mouth, or face of the child at anytime.
- 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.
- Staff will check the following signs to make sure that children are not overheated:
 - Excessive Sweating, Damp Hair, Flushed Cheeks, Heat Rash, Rapid Breaths
- Feeding does not occur in designated *sleeping areas*.
- Smoking is not allowed in or near **Your Child's Place**.

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.
- Any child who naturally rolls over onto a stomach/side –sleeping position will be monitored more regularly to make sure air passageways are clear at all times.
- All infants will have supervised "Tummy Time" for a minimum of 30 minutes per day to help babies strengthen their muscles and develop normally. If a baby falls asleep during Tummy Time, they will be immediately placed in their cribs on their backs.

Training:

- All staff at **Your Child's Place** will be trained on safe sleep policies and practices and will be required to complete an American Academy of Pediatrics' (AAP) course on "Reducing the Risk of SIDS in Child Care."
- Safe sleep practices will be reviewed with all staff, substitute staff, and volunteers each year. In addition, training specific to these policies will be given before any individual is allowed to care for infants.
- Documentation that staff and volunteers have read and understand these policies will be kept in each individuals file.
- All staff at **Your Child's Place** 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.

YCP Infant Sleep Policy

Communication:

Parents will review this policy when they enroll their child in **Your Child's Place** and a copy will be provided in the parent handbook. Parents are asked to follow this same policy when the infant is at home. These policies will be posted in prominent places. 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. A copy will also be provided in the staff handbook

Parents and staff will be immediately notified of any changes in policy.

Please review materials and sign your consent below.

Child's Name _____

DOB: ___/___/_____

Signed by: _____

Director

Staff Member

Parent

Date: _____

Blanket Consent:

My child has exhibited the ability to roll over and I would like a blanket placed with them during naptime. I understand that only one blanket will be permitted and my child's crib will be free of all other items, including toys, additional bedding, and comfort blankets.

Name of Child

Parent

Date