

## **A Place To Grow New Hope Child Care Center Parental Information on Safe Sleep Policy**

North Carolina law requires that child care providers caring for children 12 months of age or younger, implement a safe sleep policy, share this information with parents and participate in training.

The NC SIDS Law was developed during the 2003 legislative session. The intent of the law is to keep infants safe while they are in a child care setting. The law will also help child care providers create safe sleep environments and adopt safer sleep practices. The NC SIDS Law applies to all centers that care for children 12 months of age or younger. The law states that operators shall develop and maintain a Safe Sleep Policy that specifies the “back to sleep” position. This law requires that centers discuss the Safe Sleep Policy with a child’s parent or guardian before enrollment. Parents must sign a statement that they have received a copy of the policy and that the policy has been discussed with them. All child care faculty working in the infant room are required to receive training on the Safe Sleep Policy.

When introducing or sharing the policy with our parents the following will be discussed:

- Ask about the baby’s sleep position at home
- Explain the center’s “back to sleep” policy that is implemented to reduce the risk of SIDS.
- Tell the Parent that “Back To Sleep” is recommended by the American Academy of Pediatrics, the SIDS Alliance, the Association of SIDS, the National Institute of Health and Infant Mortality Programs.
- Inform the parents that even though most babies will be fine, there is a higher risk of SIDS when an infant is placed to sleep on their stomach or side.
- Some babies have medical conditions that require stomach sleeping. If the parents insists that their baby be placed on his/her stomach or side to sleep, they will be asked to provide a note from the baby’s doctor that specifies the sleeping position; this note will be placed above the baby’s crib.
- If parents have further questions about SIDS and infant sleeping positions, they will be given the phone number for the SIDS Alliance (800 221-SIDS) and the National Back To Sleep Campaign (800 505-CRIB).
- Review of the Infant/Toddler Safe Sleep Policy.

All faculty of A Place To Grow will be ITS-SIDS trained by our Child Health Consultant prior to working in the infant room.

## A Place To Grow New Hope Child Care 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 baby died and a review of the baby's medical history,

In the belief that proactive steps can be taken to lower the risk of SIDS in child care settings and that parents and child care professionals can work together to keep babies safer while they sleep, this center will practice the following safe sleep policy:

- All child care faculty working in the infant room will receive training on our Infant Safe Sleep Policy and SIDS risk reduction.
- Infants will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file as allowed by the law. A copy of the waiver will be posted on the infant's crib. If the child is under 6 months of age, this waiver must be signed by the child's physician; a parent's signature is accepted for children over the age of 6 months.
- The American Academy of Pediatrics recommends that babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep. We will follow this recommendation: please discuss with your child care provider your preference when the baby turns onto his/her side or stomach.
- Visual supervision is required at all times. At least every 15 minutes the teacher will visually check on the child; looking for the rise and fall of the chest and if the sleep position has changed. Sleeping positions will be documented on the safe sleep chart and initialed by the caregiver. We will be especially alert to monitoring a sleeping infant during the first weeks the infant is in our center.
- Steps will be taken to keep babies from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding and not overdressing or over-wrapping the baby; room temperature will be kept between 68-72 degrees.
- All babies must sleep in a crib or on an approved surface. Babies may not sleep in a nesting pool, car seat, bouncy chair, etc.
- Infants' heads will not be covered with blankets or bedding; infant's cribs will not be covered with blankets or bedding.
- Loose bedding, pillows, bumper pads, etc. will not be used in cribs. We prefer not to use blankets; but will allow a small blanket, which will be tucked in at the foot and sides of the cribs.
- Awake babies will be given supervised "tummy time".
- Toys and stuffed animals will not be allowed in the child's crib.
- A safety approved crib with a firm fitting mattress and tight-fitting sheet will be used.
- Only one infant will be in a crib at a time, except in the event of an emergency or during a fire drill.
- No smoking is permitted in the infant room or on the premises.
- All parents of infants cared for in this center will receive a written copy of our safe sleep policy before enrollment.

I, the undersigned parent/guardian of \_\_\_\_\_ (child's name) do hereby state that I have read and received a copy of the facility's Infant Safe Sleep Policy and that the facility's director (or other designated faculty member) has discussed the policy with me.

Child's Date of Enrollment \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_