

INFANT SAFE SLEEP POLICY FOR PARENTS/GUARDIANS

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

In the belief that proactive steps can be taken to lower the risk of SIDS in the child care setting and that parents and child care professionals can work together to keep infants safer while they sleep, all Kiddie Academy[®] Child Care Learning Centers practice the following safe sleep policy.

Safe Sleep Practices and Environments:

1. All child care staff working in the infant room, or child care staff who may potentially work in the infant room, will receive training in our Infant Safe Sleep Policy.
2. Infants will always be placed on their backs to sleep unless there is a signed sleep position medical waiver form on file. In that case, a notice will be posted on the infant's crib.
3. The American Academy of Pediatrics recommends that infants be placed on their backs to sleep; but when infants can easily turn over from the back to the stomach, they can be allowed to adopt whatever position in which they prefer to sleep.
4. All Kiddie Academy[®] staff should follow this recommendation by the American Academy of Pediatrics. However, child care staff can further discuss with parents how to address circumstances when their infants turn onto their stomachs or sides.
5. Sleeping infants must be in the direct line of sight by at least one staff member at all times. Staff members must be especially alert to monitor sleeping infants during the first several weeks they are in child care. (Infants under the age of 12 months must be visually checked every 5 minutes and their position must be documented every 15 minutes on the Infant Sleep Chart or in Academy Link.)
6. Steps will be taken to keep infants from becoming too warm or overheated, including regulating the room temperature and by not over-dressing the baby.
7. The temperature of the infant room will be kept between 68 and 72° F.
8. No loose bedding, pillows, comforters, bumper pads, etc. will be used in cribs.
9. Appropriately sized sleep sacks are recommended in place of sheets and blankets.
10. No toys or stuffed animals will be placed in cribs.
11. A safety-approved crib with a firm mattress and tight-fitted sheet will be used.
12. A crib is the only location in which children will be allowed to sleep. Any infant who falls asleep in another location will be immediately moved to his or her crib.
13. Infants will be placed (one) 1 foot from the bottom of the crib to sleep.
14. Only one infant will be in each crib at a time, unless the academy is being evacuated in an emergency.
15. No smoking is permitted in the infant room or on the premises.
16. A written copy of this Infant Safe Sleep Policy will be provided to infant room parents/guardians prior to enrollment.
17. A written note from the child's physician is required if it is necessary to deviate from this Safe Sleep Policy.

I, the undersigned parent or guardian of _____ (child's full name), do hereby state that I have read and received a copy of the Kiddie Academy[®] Infant Safe Sleep Policy and that the academy's Director/Owner/Operator (or other designated staff member) has discussed the Kiddie Academy[®] Infant Safe Sleep Policy with me.

Date of Child's Enrollment: _____

Signature of Parent or Guardian: _____ Date: _____

Signature of Kiddie Academy Supervisor: _____ Date: _____

One signed copy to be given to parent/guardian; one signed copy to be placed in the child's file.