

CHARLIE BROWN COMMUNITY DAY CARE CENTER
POLICIES AND PROCEDURES

Subject: Infant Safe Sleep Guidelines

Page 1 of 2

Original Date of Policy: 5-12-16

Date Reviewed and Revised: 5-23-19

Approved by: _____

It is the belief that Charlie Brown follows the “Infant Safe Sleep in Child Care” policy according to Healthy Child Care Iowa. This policy will address the procedures for infants while napping. Parents enrolling infants will be required to sign this in agreement to this policy. All staff are responsible to follow these requirements and are also required to sign an agreement upon hiring.

All staff, substitute staff, and volunteers at Charlie Brown Preschool and Child Care follow the safe sleep recommendations of the American Academy of Pediatrics (AAP) and the Consumer Products Safety Commission (CPSC) for infants to reduce the risk of Sudden Infant Death (SIDS). SIDS is the sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation.

- Infants will always be put to sleep on their backs.
- Infants will be placed on a firm mattress, with a tight fitted sheet, in a crib that meets the CPSC federal requirements CFR 1219 for full-size cribs and CFR 1220 for non-full size cribs.
- No toys, soft objects, stuffed animals, pillows, bumper pads, blankets, quilts, sheepskins or loose bedding will be in the crib or draped over the crib.
- Devices such as wedges or infant positioners will not be used. The AAP has found no evidence that these devices are safe and their use may increase the risk of suffocation.
- Sleeping areas will be ventilated and at a temperature that is comfortable for a lightly clothed adult.
- If extra warmth is needed, parents can provide warm sleep clothing such as footie pajamas to be used as an alternative to blankets. Charlie Brown also uses “sleep sacks” as an alternative to blankets.
- Only one infant will be placed in a crib to sleep.
- No crib toys, mobiles, or musical/night light crib attachments will be used in the crib.
- Infants may use a pacifier during sleep. It may not be attached to the infant’s clothing by a string, cord, or other attaching mechanism that might be a strangulation risk.
- If the infant falls asleep any place other than a crib (i.e.: bouncy chair, while being held, or arrives to care asleep in a car seat), the infant will be moved to a crib immediately.
- Our child care program is smoke free and smoking is not allowed in Iowa child care businesses.

- Sleeping infants will be actively observed by sight and sound.
- When infants are able to roll back and forth from front to back, the infant will be placed on their back for sleep and allowed to assume a preferred sleep position.
- Awake infants will have supervised “tummy time” several times daily. This will help strengthen their muscles and develop normally.

Parents will review this policy upon enrolling their infant at Charlie Brown and a copy is provided in the parent handbook. A parent brochure about safe sleep and reducing the risk of SIDS “Safe Sleep for Iowa Babies” is available.

Owlets Rest Assured Smart Sock 2

Owlet Rest Assured Smart Sock 2 will be placed on the foot of every infant in our care during every naptime. The Owlet will be worn at all times while the infant is asleep. Once Owlet has completed the updates on the app (these updates are in process), all parents will be given the information to access their child’s individual Owlet readings via an application that can be downloaded on their Smart phone. Each child will be assigned an Owlet and corresponding email prior to their start date. This information will be available to the parents at or prior to their first drop off. Any parent who wishes to not have their child wear an Owlet must meet with the Director or Assistant Director and have board approval prior to the first day.

SAFE SLEEP POLICY LIABILITY WAIVER

I have read and understand Charlie Brown Preschool and Child Care’s Safe Sleep Policy and agree to participate in the Owlet program.

THEREFORE under the terms of this Agreement and sufficiency of which is hereby acknowledged, do hereby release and forever discharge Charlie Brown Preschool and Child Care Centers including their agents, employees, successors and assigns, and their respective heirs, personal representatives, affiliates, successors and assigns, and any and all persons, firms or corporations liable or who might be claimed to be liable, whether or not herein named, none of whom admit any liability to the undersigned, but all expressly denying liability, from any and all claims, demands, damages, actions, causes of action or suits of any kind or nature whatsoever, which I now have or may hereafter have, arising out of or in any way relating to any and all injuries and damages of any and every kind, to both person and property, and also any and all injuries and damages that may develop in the future, as a result of or in any way relating to the program.

It is understood and agreed that this Agreement is made and received in full and complete settlement and satisfaction the causes of action, claims and demands mentioned herein; that this Release contains the entire Agreement between the parties; and that the terms of this Agreement are contractual and not merely a recital. Furthermore, this Release shall be binding upon the undersigned, and his respective heirs, executors, administrators, personal representatives, successors and assigns. This Release shall be subject to and governed by the laws of the State of Iowa.

This Release has been read and fully understood by the undersigned and has been explained to me. I understand Charlie Brown’s Safe Sleep Policy and the procedures that will be followed.

Child’s Name: _____

Parent Signature _____ Date _____

Director Signature _____