



POLICIES AND PROCEDURES

POLICY: *INFANT SAFE SLEEP GUIDELINES*

Original Date of Policy: May 12, 2016

Reviewed/Revised Date: December 20, 2022

Approved by: _____

Charlie Brown Preschool & Child Care 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 an 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 & Childcare follow the updated June 2022 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 Syndrome (SIDS) and Sudden Unexpected Infant Death (SUID) and to prevent accidental sleep related infant deaths.

SIDS is the sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation. SUID includes all unexpected deaths; those from a known and unknown causes. An example of SUID is infant suffocation during sleep.

Charlie Brown will use the following to help keep your baby safe during sleep:

- Infants will always be placed flat on their backs (supine position) for routine sleep - naps and nighttime.
- The supine sleep position is recommended for every sleep, even for infants with gastroesophageal reflux.
- Only one infant will be placed to sleep in each crib with no bed-sharing. Siblings, including twins and triplets, will be placed in separate cribs.
- Infants will be placed on a firm mattress, non-inclined, with a tight fitted sheet only, in a crib that meets the CPSC federal requirements CFR 1219 for full-size cribs and CFR 1220 for non-full size cribs. Infants will NOT sleep on couches, adult beds, recliners or other soft surfaces.
- No toys, soft objects, stuffed animals, pillows, bumper pads, boppy pillows, blankets, quilts, fur-like or loose bedding will be in the sleep environment including nothing draped over or attached to 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.

- The use of home cardiorespiratory monitors or commercial devices marketed to reduce the risk of SIDS/SUID will not be used and are not recommended by the AAP.
- To avoid overheating, the temperature of the room where infants sleep will be monitored and kept at a level that is comfortable for a lightly clothed adult. Infants will not wear hats while indoors.
- Infants will be monitored for overheating. Signs of overheating include sweating, flushed skin, or feeling warm to the touch.
- If extra warmth is needed, sleep sacks will be used as an alternative to blankets. Infants will be dressed appropriately for the environment, with no greater than one layer more than an adult would wear to be comfortable in that environment.
- Weighted blankets, weighted sleepers, or other weights not be placed on or near the sleeping infant.
- Swaddling is not necessary or recommended in the child care setting. The risks of swaddling include overheating, hip dysplasia, SIDS, and other accidental deaths.
- Infants may use a pacifier during sleep with parent permission. Nothing should be attached to the pacifier including a string, cord, or stuffed toy. Pacifiers may not be attached to the infant's clothing.
- If the infant falls asleep anyplace other than a crib (i.e.: bouncy chair, car seat, swing, highchair, or when being held) the infant will be immediately moved to a crib and placed flat on their back.
- 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.

Additional recommendations we follow:

- Our child care program is smoke free and nicotine free. Cigarettes, cigars, chewing tobacco, snuff, vape, pipes, snus, Electronic Smoking Devices (ESD), and nicotine products (except those that are Food and Drug Administration (FDA) approved for tobacco cessation) are not allowed in our child care business. All staff, substitute staff and volunteers are prohibited from wearing clothing that smells of smoke when working.
- Several times a day, awake infants will have supervised "tummy time" to assist in the development of strong back and neck muscles and to prevent the development of flat areas on the back of the head.
- We are a breastfeeding supportive child care. The feeding of human milk is associated with a reduced risk of SIDS.
- We encourage that infants be immunized in accordance with guidelines from the AAP and CDC.
- All staff, regardless of room assignment, are educated on safe sleep practices upon hire.

Child's Name: _____

Signed By: _____ (parent/guardian)

_____ (director/owner)

_____ (infant lead teacher)

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 _____