



KIDS R KIDS – THE ACADEMY AT BLAKENEY

PRIVATE PRESCHOOL / KINDERGARTEN / ELEMENTARY SCHOOL ENRICHMENT

INFANT SAFE SLEEP POLICY

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a 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 clinical history.

Child care providers can maintain a safe sleep environment for babies to help lower the chances of SIDS. N.C. law requires that child care providers caring for children 12 months of age or younger implement a safe sleep policy and share this information with parents.

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

SAFE SLEEP PRACTICES	SAFE SLEEP ENVIRONMENT
<ol style="list-style-type: none"> 1. All child care staff working in this room or child care staff who may potentially work in this room will receive training on 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 on file. In that case, a notice will be posted on the infant’s crib. 3. The American Academy of Pediatrics recommends that babies be placed on their backs to sleep, but when babies can easily turn over from their back to their stomach, they can be allowed to adopt whatever position they prefer 4. We will follow this recommendation by the American Academy of Pediatrics. However, staff can further discuss with parents how to address circumstances when the baby turns onto their stomach or side. 5. Sleeping infants will be checked every 15-20 minutes by staff. We will be especially alert to monitoring a sleeping infant during the first weeks the infant is in child care. 6. Steps will be taken to keep babies from getting too warm or overheated by regulating the room temperature, avoiding excess bedding, and not over-dressing or over-wrapping the baby. 	<ol style="list-style-type: none"> 1. Room temperature will be kept between 68-72 degrees F. 2. Infants’ heads will not be covered with blankets or bedding. 3. Infants’ cribs will not be covered with blankets or bedding. 4. No loose bedding, pillows, bumper pads, etc. will be used in cribs. We will tuck any infant blankets in at the foot of the crib and along the sides of the crib mattress. 5. Toys and stuffed animals will be removed from the crib when the infant is sleeping. 6. Cribs with a firm mattress and tight fitting sheet will be used for sleep 7. Only one infant will be in a crib at a time, unless we are evacuating infants in an emergency. 8. No smoking is permitted in the infant room or on the school property at any time. 9. All parents/guardians of infants cared for in the Infant rooms will receive a written copy of our Infant Safe Sleep Policy before enrollment. 10. Caregivers will walk and document every 15-20 minutes visual check to each infant crib.

I, _____ (parent’s name) the undersigned parent/guardian of _____ (child’s full 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, Owner, or other designated staff member has discussed the facility’s Policy with me.

Signature of Parent/Guardian: _____ Date: _____

Signature of Child Care Provider: _____ Date: _____