

Catch A Star Learning Center

Infant Safe Sleep Policy

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby. Suffocation is also a risk for very young babies.

Our staff is trained in prevention techniques for SIDS. We all work to maintain **safer sleep environments** for babies to help lower the chances of SIDS.

Our **cribs** meet or exceed safety standards mandated for caregivers by the state of Illinois. Your baby will be sleeping in a safety-approved crib with a firm mattress and a tight fitting sheet.

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

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 waiver notice will be posted at the infant's crib and the waiver filed in the infants file.

The American Academy of Pediatrics recommends that babies are placed on their back to sleep, but when babies can easily turn over from back to the stomach, they can be allowed to adopt whatever position they prefer to sleep.

Infants will always be within **visual and auditory** supervision of a caregiver.

Steps will be taken to keep babies from getting **too warm** or overheating by regulating the room temperature and avoiding excess bedding and over-dressing the baby. If babies are adequately dressed they do not need a blanket. **Swaddling** will not be used.

Any infants crib will hold **nothing but a baby**. No bumper pads, pillows, positioning devices, blankets or toys will be in a crib. Pacifiers are OK.

Only one infant will be in a crib at a time, unless we are evacuating infants in an emergency.

Parents are expected to remove their sleeping infants from a **car safety seat** and place them in the their crib before leaving.

If babies fall asleep in a bouncer or baby seat, they will be immediately removed and placed in a **crib**.

Smoking is not permitted in our facility or on the property.

To promote healthy development, awake infants are given supervised **“tummy time”** for exercise and for play.

All parents/guardians will receive a written copy of our **Infant Safe Sleep Policy** in our Parent Handbook before enrollment.

Signature _____

Date _____

