

St. Regis Early Childhood Center Safe Sleep Policy

Providing infants with a safe place to grow and learn is very important. For this reason, St. Regis Early Childhood Center has adopted the Safe Sleep Policy mandated by the Missouri Department of Health and Senior Services. This policy has been adopted to ensure safe sleep practices for infants up to 1-year-old. We follow the recommendations from the State of Missouri, American Academy of Pediatrics (AAP) and the Consumer Product Safety Commission to provide the safest sleep environment and reduce the risk of Sudden Infant Death Syndrome (SIDS). SIDS is “the sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation”. The staff, substitute staff, and volunteers at St. Regis Early Childhood Center follow this safe sleep policy.

Sleep Position:

- Infants will be placed on their backs EVERY time unless there is a sleep position medical waiver **signed and dated by a physician**. In the case of a waiver, said waiver notice will be posted on the infant’s crib without any other identifying medical information. The full waiver will be kept in the child’s file.
- Infants will NOT be placed on their sides to sleep.
- Devices such as wedges or infant positioners will NOT be used.
- Infants who use pacifiers will be offered their pacifier when they are placed in their crib, but will not be put back in should the pacifier fall out once the infant is asleep. The use of pacifiers must be indicated on the Infant and Toddler Feeding Care Plan.
- Pacifiers will be cleaned between each use, checked for tears, and will not be coated in any type of sweet or unsweetened solution.
- Parents will be asked to provide replacement pacifiers as needed.
- While infants will ALWAYS be placed on their backs to sleep, once they are able to turn over from back to front AND front to back, they can remain in whatever position they prefer.

Sleep Environment:

- St. Regis Early Childhood Center will use the Consumer Product Safety Commission guidelines for safety approved cribs and mattresses.
 - Crib slats will be less than 2 3/8” apart
 - Infants will NOT be left in bed with drop side down
- Our center will not use cradles or bassinets.
- Infants will not be placed to sleep on ANY surface other than their crib mattress.
- Only one infant will be placed to sleep in each crib. Siblings, including twins and other multiples, will be placed in separate cribs.

- All cribs will have a firm, tight fitting mattress covered by a tight fitted sheet and will be free from blankets, loose bedding, toys, and other soft objects (pillows, bibs, burp rags, etc).
- To avoid overheating, the temperature of the room where infants sleep will be kept at a level that is comfortable for a lightly clothed adult. Temperature will range from no less than 68°F and no more than 85°F. Caregivers will conduct visual checks to ensure the infant is not overheated or distressed.
- Infants' heads and face will not be covered during sleep. Infants' cribs will not have blankets or bedding hanging on the sides of the crib. We may use sleep clothing (i.e. sleep sack, sleepers) that is designed to keep an infant warm without the possible hazard of covering the head or face during sleep/nap time.
- Bibs will not be worn during sleep time.
- Pacifiers may be used, but not attached to the infant in any way. Pacifiers with animals attached will not be used at sleep time.
- Smoking will not be allowed in or around St. Regis Early Childhood Center
- Sound machines or music will not be used while infants are sleeping, as their use can cover distress sounds.
- The lighting in the room must allow the caregiver/teacher to see each infant's face, to view the color of the infant's skin, and to check on the infant's breathing and placement of the pacifier (if used).
- Sitting devices such as car safety seats, strollers, swings, infant carriers, infant slings, and other sitting devices will not be used for sleep/nap time. Infants who fall asleep anywhere other than a crib, portable crib, or playpen must be placed in the crib or playpen for the remainder of their sleep or nap time.

Supervision:

- When infants are in their cribs, they will be within sight and hearing of staff at ALL times.
- A staff member will visibly check on the sleeping infants frequently, following Missouri State Guidelines.
- To promote healthy development, infants who are awake will be given supervised "tummy time" for exercise and for play.

Training:

- All staff, substitute staff and volunteers at St. Regis Early Childhood Center will be trained on safe sleep practices and be familiar with the St. Regis Early Childhood Center Safe Sleep Policy within 30 days of his/her duties.
- Safe sleep practices will be reviewed with all staff, substitute staff and volunteers each year. In addition, training specific to these policies will be given before any individual will be allowed to care for infants.
- Documentation that staff, substitutes and volunteers have read and understand these policies will be kept in each individual's file.

- All staff will be trained in Pediatric First Aid and CPR.

This policy will be posted in the Infant room, as well as included in the St. Regis Early Childhood Center Handbook. Safe Sleep information will be posted on each child's crib. This policy, as well as information regarding safe sleep practices, safe sleep environments, reducing the risk of SIDS and any other program health and safety practices will be shared if any changes are made. A copy of the Safe Sleep Policy will also be included in the Staff Handbook.

Policy designed May 2016.

Policy effective May 2019 and will be reviewed annually.

Next review is May 2020.

St. Regis Early Childhood Center
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Child's Name _____

I have read and agreed to the St. Regis Early Childhood Center Safe Sleep Policy:

Mother _____ Date _____

Father _____ Date _____

Policy received by:

Staff member _____ Date _____

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