

License-Based Center \_\_\_\_\_

Staff/ Volunteer/ Sub Observed \_\_\_\_\_

Observer \_\_\_\_\_ Date: \_\_\_\_\_

## SAFE SLEEP PRACTICES CHECKLIST

### Safe Sleep Practices Written Policy

- Policy explains that these practices aim to reduce the risk of SIDS or other injuries and causes of death when an infant is in a crib or asleep.
- All adults approved to enter infant rooms received a copy of the Safe Sleep Policy and additional educational information before they were allowed to care for infants (including substitute staff and volunteers).
- Training on Safe Sleep Practices for all adults in contact with infants has occurred and is documented.

### Safe Sleep Practices Recommendations

- Infants up to 12 months of age are fully flat on their backs to sleep for every sleep time (to place a child in any other position a primary care provider must provide a signed waiver indicating that the child *requires* an alternative sleep position).
- Each sleeping infant is put to sleep on a firm crib mattress covered with a tight fitting sheet in a safety-approved crib (U.S. Consumer Product Safety Commission and ASTM Standards).
- Infants are not left to nap in a car seat. If an infant arrives on site asleep in a car seat s/he is removed immediately and placed on his/her back in his/her assigned crib.
- Infants that fall asleep outside of their assigned crib are immediately moved to their crib and placed to sleep on their back.
- Only 1 infant sleeps per crib.
- Bumper pads, pillows, quilts, comforters, sleep positioners, blankets, flat sheets, bibs, toys, mobiles, and other materials are kept out of and off the sides of cribs.
- Infants may be placed in one-piece sleepers to maintain appropriate temperatures (swaddling infants in child care is not necessary or recommended).
- Temperature in the room is kept comfortable for a lightly clothed adult.
- Caregivers are present and directly observe infants, toddlers and preschoolers by sight and sound during sleep, while going to sleep, and when waking up (lighting in the room allows for caregivers to see the color of each infant's face).
- Infants are always held for bottle feedings. Bottles are never placed in a crib with an infant.

\* The construction and use of sleeping rooms for infants separate from the infant group room is not recommended due to the need for direct supervision. In situations where there are existing facilities with separate sleeping rooms, facilities should develop a plan to modify room assignments and/or practices to eliminate placing infants to sleep in separate rooms.

## Safe Sleep Environment

- ❑ An individual crib, cot, mat, sleeping bag, or pad is kept for each child who spends more than 4 hours a day in the child care setting.
- ❑ Cribs are placed away from window blinds and draperies.
- ❑ Pads and cots are made of washable materials, and pads are covered with washable covers.
- ❑ Bedding that touches a child's skin are cleaned weekly or before use by another child.
- ❑ Cribs, mats, and pads are placed at least 3 feet apart (if the room cannot accommodate spacing children 3 feet apart, children should be spaced as far apart as possible and alternated head to foot).
- ❑ The sleeping surface of one child's rest equipment is not placed in contact with the sleeping surface of another child's rest equipment.
- ❑ Any exposure to second-hand or third-hand smoke is avoided (from adult clothing).

## Recommendations for Use of Pacifiers (Only if Allowed by Parents)

- ❑ Written policy describes rationale and protocols for use of pacifiers.
- ❑ Pacifiers are kept away from places near mobile infants and toddlers.
- ❑ Parent/ guardian has given written permission, including any instructions or preferences, on the use of pacifiers. Written permission should be on file.
- ❑ Staff inspects each pacifier for tears or cracks and unknown fluid in the nipple before each use.
- ❑ Staff cleans each pacifier with soap and water before each use.
- ❑ Pacifiers with attachments (including pins, clips, or ties) are not allowed.
- ❑ If an infant refuses a pacifier s/he is not forced to take it.
- ❑ If the pacifier falls out of the infant's mouth during sleep, the pacifier is removed from the crib.
- ❑ Pacifiers are not coated in any sweet solution.
- ❑ Pacifiers are cleaned, stored open to air, and kept separate from the diapering area, diapering items, or other children's personal items.