

Title: Safe Sleep Practices

Performance Standards: 1302.47(b)(5)(ii), 10-48 CMR Chapter 32 22.8

Rationale: To reduce the risk of Sudden Infant Death Syndrome (SIDS), Sudden Unexpected Infant Death (SUID), and the spread of contagious disease:

Guidance: All staff, parents/guardians, volunteers and others who care for infants in the early care and education setting should follow safe sleep practices as recommended by the American Academy of Pediatrics (AAP).

Cribs must be in compliance with current U.S. Consumer Product Safety Commission (CPSC) and ASTM International safety standards.

- A crib must be provided for each child up to 18 months of age.
 - No crib shall be used for more than one child at a time.
 - There must be at least one designated evacuation crib.
 - All sites are smoke and tobacco free.
 - All sites support breastfeeding.
 - Awake infants will have supervised “Tummy Time”.
1. Infants will always be put to sleep on their backs.
 2. Infants will be placed on a firm mattress, with a fitted crib sheet that meets the CPSC standards.
 3. No toys, soft objects, stuffed animals, pillows, bumper pads, blankets, positioning devices or extra bedding will be in the crib or draped over the side of the crib.
 4. Sleeping areas will be ventilated and at a temperature that is comfortable for a lightly clothed adult. Infants will not be dressed in more than one extra layer than an adult.
 5. If additional warmth is needed, a one-piece blanket sleeper or sleep sack may be used.
 6. The infants head will remain uncovered for sleep. Bibs and hoods will be removed.
 7. Sleeping infants will be observed by sight and sound.
 8. Infants will not be allowed to sleep on a couch, chair cushion, bed, pillow, car seat, swing, or bouncy chair. If an infant falls asleep anyplace other than a crib, the infant will be moved to a crib right away.
 9. An infant who arrives asleep in a car seat will be moved to a crib.
 10. Infants will not share cribs, and cribs will be spaced 3 feet apart.

11. Infants may be offered a pacifier for sleep, if provided by the parent.
12. Pacifiers will not be attached by a string to the infant's clothing and will not be reinserted if they fall out after the infant is asleep.
13. When able to roll back and forth from back to front, the infant will be put to sleep on his back and allowed to assume a preferred sleep position.
14. In the case of a medical condition requiring a sleep position other than on the back, the parent must provide a signed document from the infant's physician.
15. By age 18 month, or when standing, the crib rail reaches the child's nipple line, the child will be transitioned to a cot for safety.
16. All cribs and cots will be cleaned and disinfected regularly according to the cleaning schedule, and sheets must be changed and washed before being used by another child.