

## **Discovery Preschool & Childcare Center, Inc.**

### **Discovery Preschool & Infant Center**

#### **Infant/ Toddler Safe Sleep Policy**

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy 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 safer sleep environments for babies that help lower the chances of SIDS. Montana law requires that child care providers, caring for babies 19 months and younger, implement a safe sleep policy, share this information with parents, and participate in training.

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, Discovery Preschool Centers will practice the following safe sleep policy:

#### **Safe Sleep Practices**

- All child care staff who will work with Toddlers will receive training on Safe Sleep, and are CPR & First Aid Certified.
- 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 in the classroom and a copy filed in the infant's file.
- The American Academy of Pediatrics recommends that babies be placed on their back to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer for sleep. We will follow this recommendation by the AAP. However, child care staff can further discuss with the parents how to address circumstances when the baby turns onto their stomach or side.
- **Visually checking sleeping infants-** Sleeping infants will be checked every 15 minutes, by the assigned staff member. We will check to see if the infant's skin color is normal, watch the rise and fall of the chest to observe breathing and look to see if the infant is sleeping soundly. We will check the infant for signs of overheating including flushed skin color, body temperature by touch, and restlessness.
- Steps will be taken to keep babies from getting too warm or overheated by regulating the room temperature, avoiding excess bedding and not overdressing or over wrapping the baby.

### Safe Sleep Environment

- At Discovery Preschool Centers all children over 12 months old sleep on individual nap mats. These are sterilized after each use. Infants under 12 months old have individual cribs .
- Room temperature will be kept between 68-75 F, and checked throughout the day to maintain proper temperatures in the room where the toddlers will be napping.
- Infants heads will not be covered with blankets or bedding.
- Discovery Preschool Centers are smoke free facilities, and no smoking is permitted in the toddler room or on the premises.
- All parents/ guardians of infants cared for in the Infant/Toddler rooms will receive a copy of our Safe Sleep Policy upon enrollment, or as revised.
- To promote healthy development, awake infants will be given supervised “floor time” for exercise and for play.
- We want to make parents aware of Safe Sleep Practices, therefore literature is made available in the main entry. The AAP advises- Avoid loose bedding, pillows, bumper pads, etc. in your infants crib. Remove toys and stuffed animals when your infant is sleeping. Also, make sure a safety-approved crib with a firm mattress and tight fitting sheet is used.

I, the undersigned parent or legal guardian of \_\_\_\_\_  
(child’s full name), do hereby state that I have received a copy of and read Discovery Preschool Centers Infant/ Toddler safe Sleep Policy and that the facility Directors ( or other designated staff member) has discussed the facility’s Infant/ Toddler Safe Sleep Policy with me. I am aware that, at Discovery Preschool Centers, a nap mat will be used for nap time when my child is 12 months old. I give my permission for a nap mat to be used at that time, rather than the use of a crib.

Date of Enrollment (or when this policy was adopted) \_\_\_\_\_

Parent’s Printed Name \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_

Provider Signature \_\_\_\_\_ Date \_\_\_\_\_

Revised 7/24/18