

# Especially for Infant Teachers

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Children need sleep for health and growth, and it is part of their routine when in child care. For infants safe sleep practices must follow the national recommendations to reduce the risk of sleep related deaths, including sudden infant death syndrome (SIDS) and suffocation.

## **Infant Safe Sleep Policy**

All child care staff who may potentially work with infants will receive training on our program's Infant Safe Sleep Policy prior to being independent in the classroom.

- Infants will be placed on their backs to sleep in a crib without propping/positioning devices.
- A medical waiver signed by the child's healthcare provider is required for any alternative sleep positions, use of positioning devices or sleeping in any device other than a crib. The medical waiver must state the medical reason and the alternative position and equipment authorized by the healthcare provider. A copy of this waiver will be placed in the child's cubby and in the child's permanent file.
- Infants that can easily turn over from the back to the stomach will be allowed to adopt whatever position he/she prefers to sleep.
- Sleeping infants will be checked at least every 15 minutes by assigned staff.
- No blankets, quilts, bumper pads, loose bedding and other soft objects are permitted in the infant's crib.
- Sleep sacks will be used to sleep in, instead of blankets.
- A CSPC safety compliant crib with a firm, fitted mattress and tight fitting sheet will be used in our classrooms.
- One infant will sleep per crib unless we are evacuating infants in an emergency.
- We will maintain the room temperature between 68-75 degrees in order to keep babies from getting too warm or overheating.
- Infants who take a pacifier will be offered the pacifier when placed in the crib to sleep.
- No smoking is permitted in the infant room or on the premises. Third-hand smoke is also prohibited in our program.
- To promote healthy development, awake infants will be given supervised daily "tummy time" for exercise and for play.
- If a baby falls asleep in a swing or a bouncer, we will move the baby to his/her crib. Children are not allowed to sleep in swings or bouncers. Allowing children to sleep in a swing or bouncer is against ADHS licensing code.
- Our preschool promotes breastfeeding and we have a breastfeeding room available if needed.

## **Crib Safety**

When placing a child in a crib, we will check that the latch is in place so the child cannot pull the side of the crib down.

## **Shoeless Infant Rooms**

To ensure a clean floor on which babies crawl our infant rooms are shoe-free rooms. There is a rug outside the classrooms for parents to take off their shoes or we have booties available for those who wish to keep their shoes on. Teachers who work in the room daily may bring a separate pair of shoes to be worn only in the classroom or may wear booties as well. Used shoe covers should be discarded anytime they are worn outside the classroom (e.g. to walk to the bathroom, etc.)