



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. GA law requires that child care providers caring for children 12 months of age or younger, implement a safe sleep policy, share this written information with parents and participate in training.

In the belief that proactive steps can be taken to lower the risks of SIDS in child care and that parents and child care providers can work together to keep babies safer while they sleep, this facility will practice the following Safe Sleep Policy:

Safe Sleep Practices

1. All child care staff working in this room, or child care staff who may potentially work in this room, will receive training on our infant Safe Sleep Policy.
2. Infants will always be placed on their backs to sleep, unless there is a signed alternative sleep position medical waiver on file. In that case, a notice will be posted at the infant's mat space.
3. The American Academy of Pediatrics (AAP) recommends that babies are 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.
4. We will follow this recommendation by the AAP. However, child care staff can further discuss with parents how to address circumstances when the baby turns onto their stomach or side.
5. Sleeping infants will be visually checked every 5 minutes. We will check them by going to the mat and observing their skin color and breathing (rise and fall of the chest). We will record information on a *Sleep Chart* and keep this written record for one month. We will be especially alert to monitoring a sleeping infant during the first weeks the infant is in child care.
6. Steps will be taken to keep babies from getting too warm or overheating by regulating the room temperature (not over 75F), avoiding excess bedding and not over-dressing or over-wrapping the baby.
7. Room temperature will be kept between 68-75 degrees F.
8. Infants' heads will not be covered with blankets or bedding. Infants' beds will not be covered with blankets or bedding.
9. No loose bedding, pillows, bumper pads, etc. will be used in sleep space. We will tuck any infant blankets in at the foot of the mat and along the sides of the mat.
10. Toys and stuffed animals will be removed from the mat when the infant is sleeping.
11. A safety-approved mat with a firm mattress and tight fitting sheet will be used.
12. Only one infant will be on a mat at a time, unless we are evacuating infants in an emergency.
13. No smoking is permitted in the infant room or on the premises.

14. All parents/guardians of infants cared for in the infant room will receive a written copy of our Safe Sleep Policy before enrollment.

Awake Infants

15. Awake infants will receive supervised “tummy time” for exercise, for play and to promote healthy development.

Practice Drills for an Unresponsive Infant

16. Staff will engage in practice emergency drills twice a year.

I, the undersigned parent or guardian of _____ (child's full name), do hereby state that I have read and received a copy of the facility's Safe Sleep Policy and that the facility's director/owner/operator (or other designated staff member) has discussed the Safe Sleep Policy with me.

Date of Child's Enrollment: _____

Signature of Parent or Guardian: _____

Date: _____

Signature of Child Care Provider: _____

Date: _____ *Distribution: one signed copy to parent(s)/guardian(s); signed copy in child's facility record.*