



Guidepost Montessori Infant 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 infant died, and a review of the infant's medical history.

We believe that a safe sleep environment for infants helps lower the chances of an infant dying from SIDS, and that parents and child care providers can work together to provide a safe sleep environment. Guidepost Montessori will implement the following safe sleep practices.

Safe Sleep Practices

1. All child care staff caring for infants and child care staff that may potentially care for infants will receive training on how to implement our infant Safe Sleep Policy.
2. Infants will always be placed on their **backs to sleep**, unless there is a signed *Alternate Sleep Position Waiver* in the infant's file. A waiver notice will be posted at the infant's floor bed. Infants 0-12 months must have an *Alternate Sleep Position Waiver* – Health Care Professional Recommendation. Waivers will be retained in the children's record as long as they are enrolled.
3. When babies can easily turn over from the back to the stomach, they will be placed to sleep on their backs and then allowed to adopt the sleep position they prefer. This is in accordance with the **American Academy of Pediatrics (AAP)**. Child care staff can further discuss with parents how to address circumstances when the baby turns onto their stomach or side.
4. Sleeping infants will be visually checked daily, every 15-20 minutes, by assigned staff. The sleep information will be recorded on a Sleep Chart. The Nido Sleep Chart will be kept on file for one month after the reporting month. We will be especially alert to monitoring a sleeping infant during the first weeks the infant is in childcare. We will check the infant for:
 - o Normal skin color
 - o Normal breathing by watching the rise and fall of the chest
 - o His or her level of sleep
 - o His or her sleep position
 - o Signs of overheating: flushed skin color, increase in body temperature (touch the skin), and restlessness



5. Staff will reduce the risk of overheating by not swaddling, over-dressing or over-wrapping the infants.
6. All parents/guardians of infants cared for in the facility will receive a written copy of our Infant Safe Sleep Policy before enrollment, will review the policy with staff, and sign a statement saying they received and reviewed the policy.
7. The temperature in the room where the infant(s) sleep will be kept between 68-75°F and monitored by the thermometer kept in the infant sleeping room.
8. To promote healthy development, awake infants will be given supervised “tummy time” for exercise and for play.

Safe Sleep Environment

9. Infants' heads will not be covered with blankets or bedding. Infants' floor beds will not be covered with blankets or bedding. We may use a sleep sack instead of a blanket. Weighted sleep suits are not permitted.
10. No loose bedding, pillows, bumper pads, etc. will be used in cribs or floor beds.
11. Toys and stuffed animals will be removed from the crib or floor bed when the infant is sleeping.
12. Pacifiers will be allowed in infants' floor beds while they sleep. When the pacifier falls out of the sleeping infant's mouth, it will not be reinserted into the infant's mouth. The pacifier is the only object we will allow in a floor bed. Pacifiers with stuffed animals attached are not permitted in the sleeping area.

13. A safety-approved floor bed with a firm mattress and tight fitting sheet will be used. In special circumstances, we may instead use a *crib* with a firm mattress and tight fitting sheet.
14. Each infant will have his or her own labeled floor bed or crib. Only one infant will be in a floor bed at a time, unless we are evacuating infants in an emergency.
15. No smoking is permitted in the infant room or on the premises.

Approved & Unapproved Sleep Sacks

Approved: Infant still has free range of arm movement and the suit is not weighted.



Unapproved: Any material that swaddles the infant, is weighted or padded, or restricts movement of any kind.

