



Infant Safe Sleep Policy

Providing infants with a safe place to grow and learn is very important. For this reason, Enchanted Treehouse Preschool has created a policy on safe sleep practices for infants up to 1-year-old. We follow the recommendations of the American Academy of Pediatrics (AAP) and the Consumer Product Safety Commission to provide a safe sleep environment and reduce the risk of sudden infant death syndrome (SIDS). SIDS is “the sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation.” All employees of Enchanted Treehouse Preschool follow the AAP safe sleep policy.

Sleep Position

Infants will be placed flat on their backs to sleep every time unless there is a physician, practitioner or clinician signed sleep position medical waiver up to date on file. In the case of a waiver, a waiver notice will be posted at the infant’s crib without identifying medical information. The full waiver will be kept in the infant’s file.

In the case of an altered sleep position for a valid medical reason, a care plan will be created for the infant by the nurse consultant, signed by the physician or clinician, parent and staff members.

- Infants will not be placed on their side for sleep.
- Infants will be rolled back to their backs during sleep, if the child rolls to another sleeping position other than the back-sleeping position.
- Devices such as wedges or infant positioners will not be used since such devices are not proven to reduce the risk of SIDS.
- Infants who use pacifiers will be offered their pacifier when they are placed to sleep, and it will not be put back in should the pacifier fall out once they fall asleep.
- Pacifiers will be cleaned between each use, checked for tears, and will not be coated in any sweet or other solution.
- Parents are asked to provide replacement pacifiers on a regular basis.

Sleep Environment

Our program will use Consumer Product Safety Commission guidelines for safety-approved cribs and firm mattresses.

- Crib slats will be less than 2 3/8 inches apart
- Infants will not be left in a bed with drop side down
- Infants will not be placed to sleep on any standard bed, waterbeds, couches, air mattresses, or on other soft surfaces.
- Infants will not sleep in car seats, swings, and bouncer/infant seats. Any child who falls asleep in, or arrives to the facility asleep in the previously mentioned areas will be immediately moved to a crib.
- Only one infant will be placed to sleep in each crib. Siblings, including twins and triplets, will be placed in separate cribs.

- The crib will have a firm tight-fitting mattress covered by a fitted sheet and will be free from blankets, loose bedding, toys, and other soft objects (i.e., pillows, quilts, comforters, sheepskins, stuffed toys, etc.)
- To avoid overheating, the temperature of the rooms where infants sleep will be checked and will be kept at a level that is comfortable for a lightly clothed adult, with the floor temperature remaining at a minimum temperature of 68°F.
- Sleep clothing, such as sleepers, sleep sacks, and wearable blankets, may be used as alternatives to blankets as long as the infants arms remain free.

We follow the American Academy of Pediatrics recommendations to no longer swaddle infants. An infant will not be swaddled in our program unless there is a physician, practitioner or clinician signed swaddle medical waiver up to date on file. In the case of a waiver, a waiver notice will be posted at the infant's crib without identifying medical information. The full waiver will be kept in the infant's file.

If an infant is to be swaddled in our program, a care plan will be created for the infant by the nurse consultant, signed by the physician or clinician, parent and staff members.

- Bibs and pacifiers will not be tied around an infant's neck or clipped on to an infant's clothing during sleep.
- Teething necklaces are not permitted at Enchanted Treehouse Preschool
- Smoking will not be permitted in or near Enchanted Treehouse Preschool by staff, guardians or guests.

Supervision

When infants are in their cribs, they will be within sight and hearing of staff at all times.

- A staff member will visibly check on the sleeping infants frequently, at least every 10 minutes and will document on a sleep log.
- When an infant is awake, they will have supervised "tummy time." This will help babies strengthen their muscles and develop normally.
- Infants will spend limited time in car seats, swings, and bouncer/infant seats when they are awake.

Training

All employees of Enchanted Treehouse Preschool will be trained on safe sleep policies and practices.

- Safe sleep practices will be reviewed with all staff each year. In addition, training specific to these policies will be given before any individual is allowed to care for infants.
- Documentation that staff have read and understand these policies will be kept in each individuals file.

All employees of Enchanted Treehouse Preschool are trained in first aid for unresponsive infants as well as what to do when they have questions or need assistance before they are allowed to care for infants.

When This Policy Applies

This policy applies to all staff, parents, and guardians when they place an infant to sleep in Enchanted Treehouse Preschool.

Communication Plan for Staff and Parents

Parents will review this policy when they enroll their child in Enchanted Treehouse Preschool and a copy will be provided in the Family Policies Handbook. Parents are asked to follow this same policy when the infant is at home. These policies will be posted in prominent places. Information regarding safe sleep practices, safe sleep environments, reducing the risk of SIDS in child care as well as other program health and safety practices will be shared if any changes are made.

Any individual who has questions may ask

Program Contact: Cayla Bradshaw, Owner/Executive Director at (970) 759-3582

Child's Name _____

DOB: ____/____/____

Signed by: _____ Owner

Parent

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.