

## **Carrboro Early School Infant Safe Sleep Policy**

**Background:** SIDS is the sudden death of an infant under one year of age. The cause is unknown. However, research has shown placing babies to sleep on their back greatly decreases the risk of SIDS.

**Belief Statement:** Infants 12 months and younger should be placed on their back to sleep and front to play to help prevent SIDS (Sudden Infant Death Syndrome).

### **Plan/Procedure:**

- Infants will always be placed on their backs to sleep, unless there is a signed sleep position medical waiver on file. Infants six months and younger must have a waiver signed by a doctor. For infants six months or older a waiver from a doctor or parent is allowed. In that case a notice will be posted on an infants crib.
- When babies can easily turn over by themselves they will be allowed to assume whatever position they prefer for sleep.
- Parents should alert teachers when your baby has begun to turn over without assistance.
- Teachers will discuss with parents a baby's ability to turn over and when both agree that the baby is able to turn over on their own, a signed statement by parent and teacher should be completed and posted on the baby's crib.
- Babies will be placed on a firm mattress. No pillows, quilts, comforters, bumper pads, sheepskin, stuffed animals or other soft materials will be placed in the crib.
- If a blanket is used we will place the baby at the foot of the crib and tuck the blanket in snugly at the foot and sides and bring the blanket up to the baby's chest.
- Baby's head will always stay uncovered while sleeping.
- Babies will be checked at least once every 15 minutes while sleeping. We will observe for correct placement on their backs, that the blanket is properly positioned, signs of breathing comfortably (clear rise and fall of the baby's chest or by touching the baby's chest).
- Teachers will record the time that baby is placed in the crib, and each 15-minute check following that, until the baby wakes and is taken out of the crib. Times will be recorded on a sleep monitor sheet on the crib.
- Only one infant will occupy a crib, unless we are evacuating in an emergency.
- Room temperature will be kept between 68-75 degrees F.
- Teachers in infant room will complete a SIDS training within four months of beginning work in the infant room.

DOCUMENTATION OF RECEIPT OF SAFE SLEEP POLICY

I \_\_\_\_\_ (parent's name) have received a copy of the Safe Sleep Policy for Carrboro Early School.

Signature of Parent: \_\_\_\_\_ Date: \_\_\_\_\_