

## **INFANT SLEEP AGREEMENT**

All staff, substitute staff and volunteers at The Christian Learning Center follow the safe sleep recommendations of the American Academy of Pediatrics (AAP) and the Consumer Products Safety Commission (CPSC) for infants to reduce the risk of Sudden Infant Death Syndrome (SIDS). SIDS/SUIDS is the sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation.

\*Infants will always be put to sleep on their backs, unless you provide Form 3019, Infant Sleep Exception/Health Care Professional Recommendation, signed by the infant's health care professional

\*Infants will be placed on a firm mattress, with a tight fitted sheet, in a crib that meets the CPSC federal requirements for full-sized cribs and for non-full size cribs.

\*For infants younger than 12 months of age, items that will not be placed in the crib include soft or loose bedding, such as blankets, quilts, or comforters; pillows; stuffed toys/animals; soft objects; bumper pads; liners; or sleep positioning devices. Also, infants must not have their heads, faces, or cribs covered at any time by items such as blankets, linens, or clothing.

\*Devices, such as wedges or infant positioners, will not be used.

\*If extra warmth is needed, sleepers will be used as an alternative to blankets.

\*Only one infant will be placed in a crib to sleep.

\*No crib toys, mobiles or musical/night light crib attachments will be used in the crib.

\*Infants may use a pacifier during sleep. But the pacifier must not be attached to a stuffed animal or the infant's clothing by a string, cord, or other attaching mechanism that might be a suffocation or strangulation risk.

\*If the infant falls asleep any place other than a crib (such as a bouncy chair or swing), the infant will be moved to a crib immediately, unless you provide Form 3019, Infant Sleep Exception/Health Care Professional Recommendation, signed by the infant's health-care professional. Infants who arrive sleeping in a car seat must be removed from the car seat before being dropped off.

\*Our child care program is smoke free and smoking is not allowed in Texas child care operations (this includes e-cigarettes and any type of vaporizers).

\*Sleeping infants will be actively observed by sight and sound.

\*When infants are able to roll back and forth from front to back, the infant will be placed on their back for sleep and allowed to assume a preferred sleep position.

\*Awake infants will have supervised "tummy time" several times daily. This will help strengthen their muscles and develop normally.

\*Infants will not be swaddled for sleep or rest unless you provide Form 3019, Infant Sleep Exception/Health Care Professional Recommendation, signed by the infant's health care professional.

Parents will review this policy upon enrolling their infant at The Christian Learning Center, and a copy is provided in the parent handbook. Parents may review safe sleeping and reducing the risk of SIDS/SUIDS at: <http://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>.

**Privacy Statement**

HHSC values your privacy. For more information, read our privacy policy online at: <https://hhs.texas.gov/policies-practicesprivacy#security>.

This policy is effective on the 1<sup>st</sup> day of September, 2019.

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Parent Signature

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Date