



## Safe Sleeping Policy

Placing infants to sleep on their backs instead of their stomachs has been associated with dramatic decrease in deaths from Sudden Infant Death Syndrome (SIDS). Infants have been found dead on their stomachs with their faces, noses and mouths covered by soft bedding, such as pillows, quilts, comforters and sheepskins. However, some infants have been found dead with their heads covered by soft bedding even while sleeping on their backs. This is why we follow Safe Sleeping Procedures that include:

- Caregivers placing infants on their backs in their cribs for sleeping.
- Keeping each crib free of any items other than the child, including blankets.
- Using sleep sacks and commercial swaddling products to swaddle infants while sleeping
- Caregivers carefully monitoring sleeping children during rest times.
- Keeping all children's heads uncovered while resting.

Parents may not request a waiver for this requirement unless there is a documented medical reason signed by a physician. When infants turn over on their own, it is permissible to leave them on their stomachs rather than awakening. Once a child is toddling, he/she may bring a personal blanket from home to use during nap time.

Please sign below, acknowledging that you have received, read, and agree to our Safe Sleeping Policy.

Child's Name: \_\_\_\_\_

Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_