

Sleep Arrangements for Infants

(To be posted in the family child care home)

The below standards will be followed at the family child care home when placing infants under twelve months of age to sleep.

- Infants shall be placed in a supine (back) position for sleeping in a well-constructed, free standing crib or other piece of equipment designed for infant sleeping and appropriate for the particular infant, with a snug fitting mattress covered by a tightly-fitted sheet unless the infant has written documentation from a physician, physician assistant or advanced practice registered nurse specifying a medical reason for an alternative sleep position or alternate piece of equipment.
- When infants can easily turn over from the supine to the prone position, infants shall be put down to sleep on their back, but allowed to adopt whatever position they prefer for sleep.
- No items, including, but not limited to, pillows, soft bumpers, toys and blankets, shall be placed with an infant in a crib or hung over the side of a crib or other piece of equipment designed for sleeping, except for a pacifier without attachments, unless the infant has written documentation from a physician, physician assistant or advanced practice registered nurse specifying a medical reason for such item's use. Bibs and garments with ties or hooks shall be removed from infants that are placed to sleep. No toys or objects shall be attached to cribs or others pieces of equipment designed for sleeping.
- No infant shall be put to sleep on a sofa, bed, couch, soft mattress, waterbed or other soft surface. No infant shall be put to sleep or allowed to remain asleep in a child restraint system intended for use in a vehicle, an infant carrier, a swing or any place that is not specifically designed to be an infant bed unless the infant has written documentation from a physician, physician assistant or advanced practice registered nurse specifying a medical reason for its use.
- No infant shall be swaddled unless the infant has written documentation from a physician, physician assistant or advanced practice registered nurse specifying instructions and a time frame for swaddling the infant.
- Infants shall be physically observed by the provider or staff at least every fifteen minutes to assess the infant's breathing, color, temperature and comfort.
- No child under three years of age shall have access to teething necklaces, teething bracelets or other jewelry that could present a choking or strangulation hazard.

Note: These standards pertaining to sleep arrangements will be discussed with parents prior to enrollment and reviewed as needed during the period of their child's enrollment.