

SAMPLE POLICY FOR USE IN OHIO CHILD CARE PROGRAMS CARING FOR INFANTS

Safe Infant Sleep in Child Care **(INSERT NAME OF THE PROGRAM)**

According to Ohio Revised Code Section 3701.66, each child care facility that has infants regularly sleeping at the facility or location under the entity's or person's control shall adopt an internal safe sleep policy. The policy must specify when and to whom educational materials on infant safe sleep practices are to be delivered to individuals working or volunteering at the facility or location, and must be consistent with the following model safe sleep policy.

A safe sleep environment can lower the chances of an infant dying of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes. SIDS is the sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation. **(THE PROGRAM)** has created this policy to ensure that safe sleep practices are followed for all infants under 12 months of age while they are in our program. 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 SIDS. The staff, substitute staff and volunteers at **(THE PROGRAM)** follow the AAP safe sleep policy.

Safe Sleep Practices:

- Infants will always be placed flat on their backs to sleep every time unless there is a current Sleep Position Waiver Statement (JFS 01235) signed by the child's physician 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.
- When babies can easily turn over from the back to the stomach, they will be placed to sleep on their backs and then allowed to adopt the sleep position they prefer. This is in accordance with the AAP recommendations.
- Infants who use pacifiers will be offered their pacifier when they are placed to sleep, but it will not be put back in should the pacifier fall out once they fall asleep.
- When infants are in their cribs, they will be within **sight and hearing (for centers) or sight or hearing (for family homes)** of staff at all times.
- A staff member will visibly check on the sleeping infants frequently **(may add program specifics here, for example "every 15 minutes")**.
- Infants will not be permitted to sleep in bassinets, swings, car seats or other equipment. If a medical condition exists where a child needs to sleep in equipment other than a crib **or playpen (for family home)**, written permission shall be obtained from a physician and shall be on file.
- Devices such as wedges or infant positioners will not be used (without written orders from the infant's physician) since such devices are not proven to reduce the risk of SIDS and can actually create a suffocation or entrapment hazard.

Sleep Environment:

- Each infant will be placed in a crib that meets federal safety standards with a firm mattress and a tight fitting sheet. Drop-side cribs are not permitted.
- **(For family homes: Safety-approved playpens with mesh openings less than one quarter inch are permitted as long as they meet the requirements of Rule 5101:2-14-19).**
- Infants will not be placed to sleep on any standard bed (e.g. adult or toddler bed), waterbed, couch, chair, air mattress or other soft surface, even with supervision.
- Only one infant will be placed to sleep in each crib **(or playpen for homes)**. Siblings, including twins and triplets, will be placed in separate cribs.

