



Blessed Beginnings Infant and Toddler Sleep Policy

- (1) Children one year of age through 18 months who are placed on a mat must have a signed permission statement in the file indicating that the parent has given permission for their child to be placed on a mat. When cots and mats are used, an early childhood teacher must remain with the child while they are sleeping.
- (2) Mats must be thoroughly cleansed before assignment to another infant or toddler.
- (3) Cribs, cots, or mats must be spaced to allow for easy access to each infant and toddler, adequate ventilation, and easy exit. Aisles between cribs or cots must be kept free of obstructions while cribs or cots are occupied.
- (4) Toddlers must be provided a clean washable blanket or other suitable covering for their use while sleeping. Each child's bedding shall be stored separate from bedding used by other children.
- (5) All cries of infants and toddlers shall be investigated.
- (6) The facility must develop a written policy that describes the practices to be used to promote a safe sleep environment when children under age two are napping or sleeping.
- (7) All early childhood teachers must sign an acknowledgement indicating that they have read and understood the facility's policy outlined in (6).
- (8) All child care staff working in the infant room, or child care staff who may potentially work in this room, will receive training on our Infant Safe Sleep Policy.
- (9) Infants will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file. In that case, a notice will be posted on the infant's crib.
- (10) The American Academy of Pediatrics recommends that babies be placed on their backs to sleep; but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep. We will follow this recommendation by the American Academy of Pediatrics. However, child care staff can further discuss with parents how to address circumstances when the baby turns onto their stomach or side.

(11) Sleeping infants will be checked periodically by staff. We will be especially alert to monitoring a sleeping infant during the first weeks the infant is in child care. (Minimum of every 10 minutes preferably every 5 minutes.)

(12) Steps will be taken to keep babies from becoming too warm or over heated by regulating the room temperature and by not over-dressing the baby.

(13) Room temperature will be kept between 68-72° F.

(14) We are a “blanket free” infant room, and will not use blankets in cribs. If a parent wishes to provide a “sleep sack” for their baby, they may bring 2. Sleep sacks will need to be changed out as a child grows. No pillows, comforters, bumper pads, etc. will be used in cribs. Babies will be placed 1 foot from the bottom of the crib to sleep.

(15) Pacifiers may be used in cribs. Parent Initial _____

(16) A safety-approved crib with a firm mattress and tight-fitting sheet will be used.

(17) Only one infant will be in a crib at a time, unless we are evacuating infants in an emergency.

(18) No smoking is permitted in the infant room or on the premises.

(19) A written copy of this Infant/Toddler Safe Sleep Policy will be provided to infant room parents/guardians prior to enrollment.

(20) Babies may only be propped with written permission from a physician due to a medical condition.

(21) Infants will not be left in a rocker, high chair or similar item to sleep.

I, the undersigned parent or guardian do hereby state that I have read and discussed Blessed Beginnings’s Infant/Toddler Safe Sleep Policy from the Center’s Director and/or Owner.

Child’s Name _____

Parent Signature _____

Date _____

Director Signature _____

Date _____

Blessed Beginnings Sleeping Mat Permission Slip (12- 24 months)

I give my child, _____ permission to sleep on a sleeping mat or cot that is provided by Blessed Beginnings during nap time. I understand that each mat is individually assigned and has clean linens that are only used by my child.

Parent/Guardian Signature _____ Date _____

Director Signature _____ Date _____