

# Step 1 Essential Trainings

*Reducing the Risk of SIDS in Early Education and Child Care*



## Checklist of Practice

Always	Sometimes	Not Yet	Caregiver Strategies: What they look like in practice
			1. Facilities work with a child care health consultant to develop a safe sleep policy.
			2. Safe sleep policies are reviewed annually with a child care health consultant and staff members.
			3. Infants are placed fully on their back when they are sleeping in a safety approved crib for every sleep, unless there is a physician’s note specifying another sleep position is necessary for an individual infant.
			4. Providers share their safe sleep policy and education information on the importance of consistent safe sleep practices with parents when children are admitted to the child care facility.
			5. Facilities only use safety approved cribs and firm mattresses, and providers keep cribs free of toys, stuffed animals, bumper pads, blankets, and extra bedding.
			6. All rooms that children use are heated and cooled to maintain the required temperatures and humidity (comfortable for a lightly clothed adult).
			7. Smoking is prohibited at all times and in all areas used by children, including vehicles that transport children.
			8. Providers DO NOT leave sleeping infants in car seats, infant swings, or any other product that DOES NOT meet ASTM International product safety standards for sleep equipment.
			9. Providers offer infants opportunities to be held upright and participate in supervised “tummy time” when they are awake.
			10. Providers use constant active and direct supervision of infants while they are sleeping.