
Step 2

Safe Sleep Checklist (for Safe and Healthy Sleeping)



Create a Written Policy on Safe Sleep Practices

National Health and Safety Performance Standard 3.1.4.1

- Describe the practices that will be used to reduce the risk of Sudden Infant Death Syndrome (SIDS), suffocation, and other infant sleep related deaths in a written policy*
- Share the written policy with all staff, families of children enrolled in your program, and program volunteers
- Document that staff have reviewed the written policy and taken training related to safe sleep practices

Follow Recommended Safe Sleep Practices

National Health and Safety Performance Standards 3.1.4.1; 3.1.4.2; 4.3.1.8

- Place infants up to 12 months of age fully flat on their backs to sleep for every sleep time (to place a child in any other position a primary care provider must provide a signed waiver indicating that the child *requires* an alternative sleep position)*
- Each sleeping infant should be put to sleep on a firm crib mattress covered with a tight fitting sheet in a safety-approved crib ([U.S. Consumer Product Safety Commission](#) and ASTM Standards)*
- Infants that fall asleep outside of their assigned crib should be immediately moved to their crib and placed to sleep on their back
- Sleep only 1 infant per crib*
- Keep bumper pads, pillows, quilts, comforters, sleep positioners, blankets, flat sheets, bibs, toys, mobiles, and other materials out of and off the sides of cribs*
- Infants can be placed in one-piece sleepers to maintain appropriate temperatures (swaddling infants in child care is not necessary or recommended)
- Temperature in the room should be kept comfortable for a lightly clothed adult*
- Caregivers must be present and directly observe infants, toddlers and preschoolers by sight and sound during sleep, while going to sleep, and when waking up (lighting in the room should allow for caregivers to see the color of each infant's face)*
- Infants are always held for bottle feedings. Bottles are never placed in a crib with an infant*

Create a Safe Sleep Environment

National Health and Safety Standards 5.4.5.1; 5.4.5.2; 3.4.1.1; 3.3.0.4

- Provide an individual crib, cot, mat, sleeping bag, or pad for each child who spends more than 4 hours a day in the child care setting*
- Place cribs away from window blinds and draperies
- Use pads and cots made of washable materials, and cover pads with washable covers
- Bedding that touches a child's skin should be cleaned weekly or before use by another child*

- Place cribs, mats, and pads at least 3 feet apart (if the room cannot accommodate spacing children 3 feet apart, children should be spaced as far apart as possible and alternated head to foot)*
- Do not place the sleeping surface of one child's rest equipment in contact with the sleeping surface of another child's rest equipment*
- Avoid any exposure to secondhand or thirdhand smoke

**Verified through observation and/or staff interview for Step Verification and Annual Confirmation*

Back to Sleep, Tummy to Play

Provide daily tummy time to babies that are awake and being watched to support healthy development. Tummy time provides an opportunity for infants to strengthen muscles and prepare for skills such as crawling.

Safe Sleep Resources

- Center for Disease Control and Prevention, Sudden Unexpected Infant Death and Sudden Infant Death Syndrome, <http://www.cdc.gov/sids/index.htm>
- Healthy Child Care America Safe Sleep Campaign, <http://www.healthychildcare.org/sids.html>
- Safe Sleep Practices and SIDS/Suffocation Risk Reduction, http://cfoc.nrckids.org/StandardView/SpcCol/Safe_sleep
- Safe to Sleep Public Education Campaign, <http://www.nichd.nih.gov/sts/Pages/default.aspx>
- Inland Northwest SIDS Foundation, www.inwsids.org

References

American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. 2011. Caring for our children: National health and safety performance standards; Guidelines for early care and education programs. 3rd Edition. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association. Available at <http://nrckids.org>

American Academy of Pediatrics. 2012. A child care provider's guide to safe sleep: Helping you to reduce the risk of SIDS. Available at <http://www.healthychildcare.org/PDF/SIDSchildcaresafesleep.pdf>