

# Widewaters Learning Center



## Infant Safe Sleep Policy

*“Stomach To Play . . . Back To Sleep”*

The U.S. Public Health Department and the American Academy of Pediatrics strongly recommends that infants be put to sleep on their backs to reduce the chance of Sudden Infant Death Syndrome (SIDS). As of December 1, 2003, the State requires that all infants under 12 months in age, in a child care setting be put to sleep on their backs unless medically warranted.

It is the safe sleep policy at Widewaters Learning Center that:

- all infants will be put to sleep on their backs.
- if medically warranted for baby to sleep on stomach parents must provide a medical waiver.
- cribs meet safety standards.
- mattresses are firm.
- there will be no toys, stuffed animals, pillows, or excess bedding in the crib while baby is asleep.
- we will follow the “Feet to Foot” rule – baby will be placed towards the foot of the crib. A light blanket will be placed underneath baby’s armpits and tucked in along the sides of the mattress and the foot of the crib.
- blankets or bedding will never cover baby’s face.
- we will keep the room temperature comfortable (68 to 72 degrees F).
- babies will be monitored while sleeping.
- we will provide supervised “tummy time” when infant is awake.
- all staff will be trained regarding safe sleep practices and a safe sleep environment.
- staff will be trained and certified in First Aid and CPR.
- no secondhand cigarette, cigar or pipe tobacco smoke is allowed near babies. Widewaters Learning Center is a smoke free environment.

Infant Staff will strive to educate parents about safe sleep & safe sleep environment and orient them to our “Safe Sleep Policy.”