A Guide To Safe Sleep in the Child Care Setting

In order to reduce the risk of SIDS and prevent accidental suffocation it's important caregivers follow these guidelines:

- ✓ Babies should always be placed to sleep on their backs. <u>Side and tummy sleep positions are not safe.</u>
- ✓ Only use safety approved crib, bassinet or play yard with only a firm mattress and tight fitted sheet.
- ✓ Do not put any soft objects, toys, pillows, blankets, bumper pads or bottles – NOTHING BUT BABY IN THE CRIB.
- ✓ Inspect sleep area before each sleep session.



- ✓ To avoid overheating, babies should be dressed appropriately for the room temperature.
- ✓ Babies should not sleep in a swing, car seat or bouncy seat
- ✓ Separate sleep surfaces should be provided.
- Remove bibs, pacifiers and clothes or jackets with ties or cords on infants while sleeping.
- ✓ Make sure crib is located away from window blinds and electrical cords that could pose a safety hazard.

For more information visit www.firstcandle.org



Safe Sleep Saves Lives!



One of the most important decisions you will make as a new parent is where and how you place your baby to sleep. If you follow these safe sleep rules, you will help protect your baby from Sudden Infant Death Syndrome (SIDS), suffocation and accidents during sleep.

- Always place your baby to sleep on his back. Side and tummy positions are not safe.
- Use a crib that meets current safety standards. The mattress should be firm and fit snuggly in the crib. Cover the mattress with only a tight-fitting crib sheet. Portable cribs and play yard style cribs are also good choices.
- Do not put anything soft, loose or fluffy in your baby's sleep space. This includes pillows, blankets, comforters, bumper pads, stuffed animals or toys and other softitems.
- Use a wearable blanket or other type sleeper instead of blankets to keep your baby warm and safe.
- Place your baby's separate, safe sleep space near your bed to help you protect her and make breastfeeding easier. This is called roomsharing.
- Falling asleep with your baby in bed or on a couch or armchair is dangerous; room share instead.
- Never place your baby to sleep on top of any soft surface. This includes adult beds, sofas, chairs, waterbeds, pillows, cushions, comforters and sheepskins.
- Do not use wedges or positioners to prop your baby up or keep him on his back.
- Make sure your baby doesn't get too warm during sleep. Use light sleep clothing and keep room temperature at what would be comfortable for a lightly-clothed adult.
- Offer your baby a pacifier every time you place her down to sleep. If you are breastfeeding, wait until nursing is well established before using a pacifier (usually around 1 month.)
- Educate everyone who cares for your baby about these safe sleep rules!

OTHER IMPORTANT TIPS

- Do not smoke when you are pregnant and make sure that no one smokes around your baby after he is born.
- Get good prenatal care as soon as you know you are pregnant and keep all your doctor's appointments.
- If possible, give your baby only breast milk for at least the first six months.
- Give your baby lots of tummy time when she is awake and being watched. This helps make her arm and neck muscles strong and prevents flat spots on the back of her head.









Safe Sleep Guidelines



1. Back To Sleep

Babies should always sleep on their back.



2. Share A Room

Infants should share a bedroom with parents, but not the same sleeping surface, preferably until the baby turns 1 but at least for the first six months.



Room-sharing decreases the risk of SIDS as much as 50 percent.



4. Firm Sleep Surface

An infant should be placed on his or her back on a firm sleep surface such as a crib or bassinet with a tight-fitting sheet. The crib should be otherwise bare – no blankets, pillows, stuffed animals or bumpers.



5. Breastfeed

If possible, mothers should breastfeed exclusively or feed with expressed milk for at least 6 months. Breastfeeding reduces the risk of SIDS.



6. No Sofa Sleeping

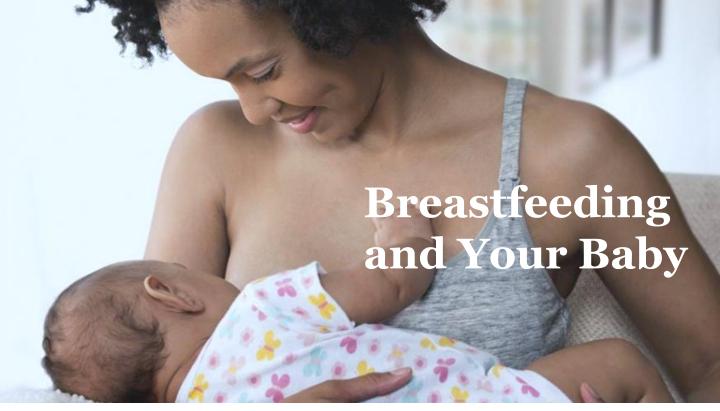
Infants should never be left to sleep on sofas, armchairs or in sitting devices.



Every year 3,500 babies die from Sudden Infant Death Syndrome and other sleep-related infant deaths, such as accidental suffocation. By following the Safe Sleep Guidelines from the American Academy of Pediatrics, the risk of SIDS can be dramatically reduced and other sleep-related deaths can be eliminated.

First Candle is committed to the elimination of SIDS and other sleep-related infant deaths through education and research, while providing support for grieving families who have suffered a loss. For more information visit www.firstcandle.org.

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- Breast milk is the best food for your baby during the first year of life. It helps your baby grow healthy and strong.
- Breastfeeding helps protect your baby from many illnesses. Breastfed babies have fewer health problems than babies who aren't breastfed.
- Your breast milk changes as your baby grows so he gets exactly what he needs at the right time.
- Breast milk has antibodies that help protect your baby from many illnesses.
 Antibodies are cells in the body that fight off infection.
- Breastfed babies have fewer health problems than babies who aren't breastfed.
- It may lower the chances of sudden infant death syndrome (SIDS). SIDS is the unexplained death of a baby younger than 1 year old.
- A breastfed baby may have less gas and belly pain than a baby who is fed formula.



Learn more at firstcandle.org

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Child Caregiver Breastfeeding Checklist



As you explore child care outside your home, bring this checklist with you. This guide will help you assess a caregiver's support regarding breastfeeding as you decide who will care for your baby. Your child's "caregiver" is anyone who will be caring for your baby: child care centers, home child care, faith-based providers, friends, neighbors and family members.

QUESTIONS TO ASK BEFORE DECIDING WHO WILL CARE FOR YOUR BABY:

These questions are designed to help you identify a caregiver's support regarding breastfeeding. It is important to discuss mutual expectations with potential caregivers, who should respect and follow your baby's feeding practices.

who should respect and follow your baby's feeding practices.		
 Do you have a breastfeeding policy in place? Do you welcome and encourage mothers and staff to breastfeed their own infants onsite at any time? Will you feed my baby when he/she is hungry by recognizing hunger and fullness (feeding cues), rather than on a strict schedule? Will my baby be held while being fed? Are you willing to hold off feeding right before I pick up my baby so I may breastfeed at home? Do you create/make a feeding plan for each infant with information from parents and are these plans adjusted to accommodate baby's needs? Will you keep a feeding log with times and amount of feedings and share it with me each day? Have all child care staff, volunteers, floaters and substitutes received training and follow proper handling and storing to meet breast milk requirements? 		
LOOK FOR THESE SIGNS OF AN ENVIRONMENT THAT SUPPORTS BREASTFEEDING:		
 Breast milk handling and storing instructions are posted in the kitchen area. Breastfeeding space is comfortable, quiet and clean with a nearby outlet for pumping if needed. 		
 Ample refrigerator space is provided for your milk. Caregivers wash their hands before preparing and feeding infants and children. 		
Posters & signs create a welcoming place for breastfeeding.		



MORE RESOURCES

Supporting Breastfeeding in Child Care Training:

https://www.carecourses.com/Ecommerce/CourseDetail.aspx?ItemID=381

CDC Model Breastfeeding Policy:

https://www.cdc.gov/breastfeeding/pdf/strategy6-support-breastfeeding-early-care.pdf

Office on Women's Health:

https://www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public/breastfeeding-and-going-back-work/#3

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Child Caregiver Safe Sleep Checklist



As you explore child care outside your home, bring this checklist with you. This guide will help you assess infant safe sleep as you decide who will care for your baby. Your child's "caregiver" is anyone who will be caring for your baby: child care centers, home child care, faith-based providers, friends, neighbors and family members.

QUESTIONS TO ASK BEFORE DECIDING WHO WILL CARE FOR YOUR BABY:	ALWAYS ASK TO SEE THE SLEEP AREA
WITO WILL CARE FOR TOOK DADT.	Confirm that every sleep area follows these
These questions are designed to identify safe sleep	American Academy of Pediatrics (AAP)
	recommendations:
"best practices." All potential caregivers should be	recommendations:
willing and able to respect and follow your parenting	Babies are always placed on their backs to sleep.
practices and routines you follow at home.	
	Firm sleep surface, such as a mattress in a safety
Will the sleep space be an approved crib, play	approved crib, play yard other sleep surface is
yard or other approved sleep surface?	covered by a fitted sheet with no other bedding.
Will my child have his/her own sleep space that	EMPTY CRIB - No soft objects, pillows, blankets,
is the same each day?	toys, bumper pads, bottles or any other items are
If my baby falls asleep in a swing, car seat or	in baby's sleep area.
bouncy seat, since it is NOT a recommended	Babies are dressed appropriately for the room
	temperature, and not in clothes that could cause
sleep space, will he/she be moved to an	overheating.
approved sleep surface?	
Is the caregiver within sight and sound of my	Nothing with ties such as bibs, pacifiers, cords or
baby during sleep?	other attachments is on infants while sleeping.
Is the sleep area inspected before each sleep	No products claiming to reduce the risk or prevent
session and clear of toys and unnecessary	SIDS (such as wedges, positioners, or other
blankets?	products that claim to keep infants in a specific
Does the child caregiver have safe infant	position) are in the sleep space.
sleep policy/practices in place?	Posted safe sleep guidelines to remind all staff,
Are all caregivers, including regular staff,	volunteers, floaters and substitutes of these
	important practices.
volunteers, floaters and substitutes trained in	No electrical cords or window blind cords are near
and following safe infant sleep guidelines?	
	the crib where they can create a safety hazard.



MORE RESOURCES:

Find a child care provider by zip code: http://www.childcareaware.org/ccrr-search-form/

Consumer Product Safety Commission Recall List: https://www.cpsc.gov/Recalls

Firstcandle.org:

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Put me to sleep the right way, baby!



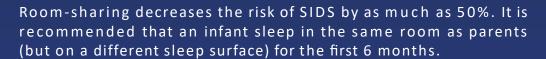
Safe sleep guidelines for sweet dreams



Back to sleep

Babies should always sleep on their backs on a safety-approved sleep surface, with a tight-fitting sheet. No exceptions!

Let's beroomies!







Just Me, Myself, and I

Nothing but a baby belongs in the crib! Soft objects, toys, pillows, blankets, bumper pads, or bottles can all pose a suffocation risk.

Cribsweet crib!

Babies should not sleep in swings, bouncy seats, car seats, on couches, etc. If they do fall asleep, move them to a safe and appropriate sleep surface, like a crib or bassinet.





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