

Wiggles and Giggles Home Daycare

Safe Sleep Policy

Sudden Unexpected Infant Death Syndrome (SUIDS) is a concern for all caregivers of infants and young children. SUIDS “includes all unexpected infant deaths, including Sudden Infant Death Syndrome (SIDS), as well as other infant deaths with an identifiable cause, such as suffocation or positional asphyxiation”¹

Reducing the risk of injury and death through appropriate sleep policies is an important part of being responsive caregivers. Effective April 1, 2015, the Colorado Office of Early Childhood instituted new sleeping and SIDS-prevention regulations for infants. This is our new Safe Sleep policy, which is aligned with these regulations, and is in addition to our policies handbook.

It is important for both providers and parents be aware of this new policy. If you have any questions about this policy, please don't hesitate to ask.

Information on these new sleep regulations and preventing SUIDS may be found in [Safe Sleep Environments for Children](#), published by the Colorado Office of Early Childhood.

Safe Sleep Training

As you know, both providers (Shane and Nikki) spend some time with infants, we are now required to have taken the American Academy of Pediatrics Safe Sleep training.. We must renew this training at least once a year. We will also discuss our sleeping policies with substitutes.

Infant Sleep Policy

The infant sleep policy applies infants who sleep in cribs. Infants typically sleep in cribs until their 1st birthday, this is also usually when we reduce them down to one nap a day..

Infants have individual sleep schedules. They may sleep whenever they choose. Sometimes parents have a preferred routine and schedule for their for their child and we are happy to try and accommodate that schedule, but infants may not want to sleep at the same time as they do at home. They also may not sleep for the same length of time as they do at home, especially at first..

Infants will only be allowed to sleep in a portable crib (pack and play) approved for sleep by the Consumer Product Safety Commission. For the safety of the child, we will never use a drop side or stacking crib.

If an infant were to fall asleep outside of a crib, we will transfer them into a crib for the safest way to sleep .

Toys, stuffed animals, blankets, loose sheets, and mobiles are not permitted in cribs or crib area.

Infants must be placed on their backs in a crib to sleep. If an infant needs to be placed to sleep in an alternate sleep position, we may only make an exception with permission from the infant's doctor. The infant's doctor must sign an Alternate Sleep Position form indicating that an alternate sleep position is necessary and include a health care plan, also signed by the doctor. We will keep this paperwork in the infant's file.

Infants may never be laid in a crib swaddled. If an infant needs to be swaddled in order to sleep, we may make an exception with permission from the infant's doctor. The infant's doctor must sign a Swaddling Permission form if swaddling is necessary and include a health care plan, also signed by the doctor. We will

keep this paperwork in the infant's file.

Pacifier use may reduce the risk of SUID and SIDS. Parents provide pacifiers for infants unless the parents have a signed waiver indicating that the infant is not to be given a pacifier. We will offer pacifiers to each infant at every naptime. We will only offer clean, dry pacifiers. The pacifiers will never be coated in any sweet solution. Pacifiers cannot have any cords, ties, or stuffed animals attached (basic age appropriate pacifier will suffice).

Bibs, necklaces, and clothing with hoods or ties are removed before placing an infant in a crib.

Colorado licensing allows us to use a sound monitor while infants are sleeping in a separate room, and requires us to observe an infant by sight and sound at least every 10 minutes. Observing infants includes looking for normal skin color, normal breathing, level of sleep, and signs of overheating and restlessness. Infant in our care are within eyesight at all times and typically do not use sound monitoring devices. We keep ourselves within sight and hearing range of all children, asleep or awake.

We do not play music while children are sleeping. Loud music or music close to a sleeping child may prevent us from hearing distress. Music may be played softly while infants are napping, to provide a comforting, restful environment, but not within three feet of a crib. We usually offer music at different times throughout the day for both entertainment as well as education. We do try to limit the noise during rest times.

We maintain a comfortable temperature, between 68 and 72 degrees, in the house. We are always sensitive to the temperature needs of the infants, putting an infant in a sleep sack for warmth or removing layers of clothing as necessary to maintain comfort.

Blankets are prohibited in cribs. Sleep sacks will be used when needed (provided by parents). **We cannot use blankets or swaddling sleep sacks**, only sleep sacks that allow free movement of the infant's arms and legs.

During the infant's awake time, they will have time to explore the environment and freely move their bodies. We will never confine an infant who is awake in a crib, high chair, bouncy chair, or other space for more than 15 minutes at a time unless they are actively eating or falling asleep.

infants 1 month or older will be offered tummy time throughout the day. Tummy time is the time spent on the stomach while awake. it is an important time for an infant's muscle development and prevents soft spots from developing on the heads). Tummy time is also an interesting time for infants to explore new positions and engage with the environment from a different perspective.

Toddler Sleep Policy

The toddler sleep policy applies to children who consistently take one nap a day. This generally happens around 12 months old. Although children are welcome to take multiple naps when they show signs of being tired we will never force a child to stay up or fall asleep if their bodies aren't ready.

We have 1 specified nap-time daily for toddlers and older.. They sleep on cots up off the floor with enough space between them for comfort and safety. Children under 18 months may still sleep in cribs if their parents prefer.

Teachers may sit or lie by children and encourage rest by rubbing the children's backs and foreheads, reading them stories.. Some children may not want this, and their wishes will be respected.

Some children find it difficult to rest and children who do not fall asleep are offered other ways to occupy themselves during this time (i.e. reading books, coloring quietly or doing puzzles). If a pattern develops, parents and teachers may collaborate on ways to help him or her feel comfortable and rest..

Second Hand Smoke Prevention

Exposure to secondhand smoke is dangerous for infants and young children and increases the risk of SUIDS. We do not allow smoking on our premises, if we have guests that smoke we ask that they do it off property. If we should have guest that interact with children that does smoke they must thoroughly wash their hands, wrists, and under their nails before coming in contact with the infants and children.

Parent signature of receipt

Date
