

St. Margaret's Safe Sleep Policy

1. All child care staff working in the infant room will receive training on the Safe Sleep Policy and SIDS risk reduction.
2. Unless an infant has a sleep position waiver signed by their physician specifying otherwise, infants shall be placed in a supine (back) position for sleeping to reduce the risk of Sudden Infant Death Syndrome. A notice will be posted near the infant's crib for those infants.
3. The infant's head shall remain uncovered during sleep.
4. Room temperature will not exceed 75° F.
5. Only one infant in a crib at a time.
6. No smoking in the child care facility, or in vehicles when transporting infants. Employees must wash hands before returning to the infant room after smoking.
7. Infants will be provided appropriate "tummy time" when awake.
8. Caregivers will visually check on infants every 10-15 minutes while the infant is sleeping.
9. No additional items; such as pillows, blankets or toys will be allowed in the infant's crib.
10. When infants can easily turn over from the supine (back) to the prone (stomach) position, they will be placed to sleep on their back, but allowed to adopt whatever position they prefer for sleep.