

**Tri-County Community Council, Inc.**  
**Head Start/Early Head Start**

**Part: 1302 Program Operations**  
**Subpart: D Health Program Services**  
**Section: 1302.47 Safety Practices**  
**Subject: Sudden Infant Death Syndrome/Infant Sleeping Arrangements**

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**Policy:**

When napping or sleeping, young infants who are not capable of rolling over on their own shall be positioned on their back and on a firm surface to reduce the risk of sudden infant death syndrome (SIDS), unless an alternate position is authorized in writing by a physician. Any such documentation will be maintained as a Health Care Plan filed in the child's family file. Sleep for Early Head Start will be sleep on demand. (Information from the guidance of Caring for our children, 3rd edition)

**Procedure:**

1. Home-based home visitors must inform parents of the dangers of sleeping with an infant.

**STANDARD 3.1.4.1: Safe Sleep Practices and SIDS/Suffocation Risk Reduction**

1. All staff, parents/guardians, volunteers, and others approved to enter rooms where infants are cared for should receive a copy of the Safe Sleep Policy and additional educational information and training on the importance of consistent use of safe sleep policies and practices before they are allowed to care for infants (i.e., first day of employment/volunteering/subbing). Documentation that training has occurred and that these individuals have received and reviewed the written policy should be kept on file.
2. All staff, parents/guardians, volunteers, and others who care for infants in the childcare setting should follow these required safe sleep practices as recommended by the American Academy of Pediatrics (AAP) (1):
  - a) Infants up to twelve months of age should be placed for sleep in a supine position (wholly on their back) for every nap or sleep time unless the infant's physician indicates that the child requires an alternate sleep position.
  - b) Infants should be placed for sleep in safe sleep environments; which includes: a firm crib mattress covered by a tight-fitting sheet in a safety-approved crib (the crib should meet the standards and guidelines reviewed/approved by the U.S. Consumer Product Safety Commission [CPSC] and ASTM International [ASTM]), no monitors or positioning devices should be used unless required by the child's primary care provider, and no other items are permitted in a crib occupied by an infant except for a pacifier.

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- c) Infants should not nap or sleep in a car safety seat, bean bag chair, bouncy seat, infant seat, swing, jumping chair, highchair, chair, futon, or any other type of furniture/equipment that is not a safety-approved crib.
  - d) If an infant arrives at the facility asleep in a car seat, the parent/guardian or teacher should remove the sleeping infant and be sure the child is alert and place them in the supine position in a safe sleep environment if the child goes back to sleep. (i.e., the infant's assigned crib).
  - e) If an infant falls asleep in any place that is not a safe sleep environment, staff should immediately move the infant and place them in the supine position in their crib.
  - f) Only one infant should be placed in each crib.
  - g) A tight-fitting sheet is the only item besides the pacifier that is allowed in the crib. No child aged one and under will be permitted to have a blanket, they may use a halo up to age one. Older children must be actively supervised when resting so that their heads are not covered.
  - h) When teachers place infants in their crib for sleep, they should check to ensure that the temperature in the room is comfortable for a lightly clothed adult, check the infants to ensure that they are comfortably clothed (not overheated or sweaty), and that bibs, necklaces, and garments with ties or hoods are removed. Calming necklaces are not permitted at any time on the child.
  - i) Infants should be directly observed by sight and sound at all times, including when they are going to sleep, are sleeping, or are in the process of waking up.
  - j) Bedding should be changed between children, and if mats are used, they should be cleaned between uses.
3. The lighting in the room must allow the caregivers/teacher to see each infant's face, to view the color of the infant's skin, and to check on the infant's breathing and placement of the pacifier (if used).
4. A teacher trained in safe sleep practices and approved to care for infants should be present in each room at all times where there is an infant. This caregiver/teacher should remain alert and should actively supervise sleeping infants in an ongoing manner.

**STANDARD 3.1.4.3: Pacifier Use**

If pacifiers are allowed:

- a) Each child should be provided at least two pacifiers on a regular basis for their child to use. The extra pacifier should be available in case a replacement is needed.
- b) Staff should inspect each pacifier for tears or cracks (and to see if there is unknown fluid in the nipple) before each use.
- c) Staff should clean each pacifier with soap and water before each use.
- d) Pacifiers with attachments are not allowed; pacifiers should not be clipped, pinned, or tied to an infant's clothing, and they should not be tied around an infant's neck, wrist, or other body part while the infant/child is sleeping.
- e) If an infant refuses the pacifier, s/he should not be forced to take it.

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- f) During rest time if the pacifier falls out of the infant's mouth, it does not need to be reinserted.
- g) Pacifiers should not be coated in any sweet solution.
- h) Pacifiers should be cleaned and stored open to air; separate from the diapering area, diapering items, or other children's personal items.
- i) Infants should be directly observed by sight and sound at all times, including when they are going to sleep, are sleeping, or are in the process of waking up. The lighting in the room must allow the teacher to see each infant's face, to view the color of the infant's skin, and to check on the infant's breathing and placement of the pacifier. There should always be the appropriate amount of light to maintain visibility of all the children.

**STANDARD 3.1.4.2: Swaddling**

In Early Head Start settings, swaddling is not permitted.