

## Safe Sleep Policy Updated 3/30/17

Colorado Office of Early Childhood, Department of Human Services requires all child care providers to adhere to strict rules and regulations to reduce the risk of Sudden Infant Death Syndrome (SIDS). Elements Academy has established the following policy regarding sleep practices for all children under 12 months of age.

- 1) Every employee is trained on Safe Sleep practices annually.
- 2) Each infant up to 12 months of age and enrolled in the infant program will be provided with an individual crib approved for infants meeting Consumer Product Safety Commission (CPSC) standards.
- 3) Alternative sleep positions for infants will only be allowed with a health care plan completed and signed by the child's physician.
- 4) When an infant can easily roll over the infant will be initially placed on his/her back, but allowed to adopt whatever positions preferred for sleeping.
- 5) Swaddling an infant will only be allowed with a health care plan completed and signed by the child's physician.
- 6) Each infant up to twelve (12) months of age who uses a pacifier must have the pacifier offered when being put down to sleep unless the parent gives written directions otherwise.
- 7) All sleep/rest equipment will be approved, safe, sturdy, and free from hazards including, but not limited to broken or loose slats, torn mattress, chipping paint or loose screws. The mattresses will fit snugly ensuring no more than two fingers are able to be inserted between the mattress and the side of the approved sleeping equipment.
- 8) Toys, including mobiles and other types of play equipment that are designed to be attached to any part of sleeping equipment, must be kept away from sleeping infants and out of sleep environments, including hanging toys. Blankets and other items must not be hung from or draped over the sides or any part of sleeping equipment.
- 9) Infants who fall asleep in a car safety seat, bouncy seat, infant seat, swing, or other piece of equipment not approved for sleep will be moved within 15 minutes of falling asleep to their crib.
- 10) Cribs must be used for sleeping, not extended play if awake for more than 15 minutes.
- 11) Music will not be played at a loud volume preventing infants from being heard by staff. Music equipment will not be placed under a crib or within three (3) feet of the sleeping infant.

- 12) Supervised tummy time will be offered twenty to thirty (20-30) minutes per day. If the infant falls asleep during tummy time the child will be moved to the crib immediately.
- 13) The room temperature will remain between 68 and 72 degrees.
- 14) When staff places infant in approved sleeping equipment for sleep, they must 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. Sleep sacks must be used in lieu of blankets if needed for additional warmth.
- 15) Infants are checked several times while sleeping.
- 16) Infants must not be placed to sleep in the same crib as another infant.
- 17) Smoking is not allowed on Elements Academy property to protect children from second hand smoke.

I have reviewed Elements Academy Safe Sleep Policy and feel comfortable with the measures taken to provide a safe sleep environment for my infant according to the policy.

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Parent Signature

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Date