



Gateway Christian Academy

“A Ministry of Gateway Church”

Certified and Accredited by: ILCS/FLOCS

Dr. William Latson, Principal

SAFE SLEEP PRACTICES

Child's Name: _____ Birth Date: _____
Last, First MI MO/DAY/YR

Parent or Legal Guardian Name: _____ Enrollment Date: _____

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined based on an autopsy, an investigation of the place where the baby died and a review of the baby's clinical history.

In the belief that proactive steps can be taken to lower the risk of SIDS in our setting and that parents and child care professionals can work together to keep babies safer while they sleep, we will practice the following safe sleep policy.

Safe Sleep Practices and Environments:

1. All child care staff working in the infant room, or child care staff who may potentially work in this room, will receive training on our Infant Safe Sleep Policy.
2. Infants will always be placed on their backs to sleep unless there is a signed sleep position medical waiver on file. In that case, a notice will be posted on the infant's crib.
3. The American Academy of Pediatrics recommends that babies are placed on their backs to sleep; but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep. We will follow this recommendation by the American Academy of Pediatrics. However, child care staff can further discuss with parents how to address circumstances when the baby turns onto their stomach or side.
4. Sleeping infants will be checked periodically by staff. We will be especially alert to monitoring a sleeping infant during the first weeks the infant is in child care. (Minimum of every 10 minutes preferably every 5 minutes.)
5. Steps will be taken to keep babies from becoming too warm or over heated by regulating the room temperature and by not over-dressing the baby.
6. Room temperature will be kept between 68-72° F.
7. We are a “blanket free” infant room, and will not use blankets in cribs. If a parent wishes to provide a “sleep sack” for their baby, they may. The sleep sack will be sent home each night for laundering by the parent.
8. No pillows, comforters, bumper pads, etc. will be used in cribs. Babies will be placed 1 foot from the bottom of the crib to sleep.
9. No toys or stuffed animals will be used in cribs.
10. Pacifiers may be used in cribs.
11. A safety-approved crib with a firm mattress and tight-fitting sheet will be used.
12. Only one infant will be in a crib at a time, unless we are evacuating infants in an emergency.

13. No smoking is permitted in the infant room or on the premises.
14. A written copy of this Infant/Toddler Safe Sleep Policy will be provided to infant room parents/guardians prior to enrollment.
15. Babies may only be propped with written permission from a physician due to a medical condition.
16. Infants will not be left in a rocker, high chair or similar item to sleep.

I, the undersigned parent or guardian do hereby state that I have read, discussed and received a copy of Gateway Christian Academy's Infant/Toddler Safe Sleep Policy from the Center's Director and/or Owner.

Signature of Parent or Guardian: _____ Date: _____

Signature of Center Director: _____ Date: _____

SIDS

Sudden Infant Death Syndrome (SIDS) is the sudden, unexpected death of an infant under one year of age which remains unexplained after a thorough investigation. SIDS is sometimes referred to as "crib death". However, cribs with safe bedding that follow the U.S. Consumer Product Safety Commission's guidelines are actually the safest places for infants to sleep. About 77 of every 100,000 babies born alive in the U.S. die of SIDS. The causes of SIDS are unknown at this time. However, research has identified a number of factors that indicate an increased risk of SIDS.

This information has helped health professionals to develop SIDS risk reduction campaign. The incidence of SIDS in the U.S. has dropped by 42% since 1992, when the "Back to Sleep" risk reduction campaign began.

To Reduce the Risk of SIDS

- The American Academy of pediatrics, the SIDS Alliance, the Association of SIDS and Infant Mortality Programs and the National Institutes of Health recommend back sleeping as the safest position for babies.
- Even though most babies will be fine, there is a higher risk of SIDS when an infant is placed to sleep on his/her stomach or side.

For More Information

Parents/guardians can obtain additional information and answers to their questions by calling the toll-free telephone numbers for the SIDS Alliance (1-800-221-SIDS) and the National Back to Sleep campaign (1-800-505-CRIB).