

Sleeping & Resting Environment for Infants

Child Care Learning Centers: 591-1-1-.30(2) – Sleeping and Resting Environment for Infants. A Center shall provide a safe sleep environment in accordance with American Academy of Pediatrics (AAP), Consumer Product Safety Commission (CPSC) and American Society for Testing and Materials (ASTM) recommendations as listed in these rules for all infants. Center Staff shall place an infant to sleep on the infant’s back unless the Parent has provided a physician’s written statement authorizing another sleep position for that particular infant that includes how the infant shall be placed to sleep and a time frame that the instructions are to be followed. When an infant can easily turn over from back to front and back again, Staff shall continue to put the infant to sleep initially on the infant’s back but allow the infant to roll over into his or her preferred position and not re-position the infant. Sleepers, sleep sacks and wearable blankets that fit according to the commercial manufacturer’s guidelines and will not slide up around the infant’s face may be used when necessary for the comfort of the sleeping infant, however swaddling shall not be used unless the Center has been provided a physician’s written statement authorizing its use for a particular infant that includes instructions and a time frame for swaddling the infant. Staff shall not place objects or allow objects to be placed in or on the crib with an infant such as but not limited to toys, pillows, quilts, comforters, bumper pads, sheepskins, stuffed toys, or other soft items and shall not attach objects or allow objects to be attached to a crib with a sleeping infant such as but not limited to crib gyms, toys, mirrors and mobiles.

- (a) Center shall maintain the infant’s sleeping area to be comfortable for a lightly clothed adult within a temperature range of sixty-five (65) to eighty-five (85) degrees depending upon the season. There shall be lighting adequate to see each sleeping infant’s face to view the color of the infant’s skin and check on the infant’s breathing.
- (b) Wedges, other infant positioning devices and monitors shall not be used unless the Parent provides a physician’s written statement authorizing its use that includes how to use the device and a time frame for using the device is provided for that particular infant.
- (c) Infants shall not sleep in equipment other than safety-approved cribs, such as, but not limited to, a car safety seat, bouncy seat, highchair, or swing. Infants who arrive at the Center asleep or fall asleep in such equipment, on the floor or elsewhere, shall be transferred to a safety-approved crib.

Family Child Care Learning Homes: 290-2-3-.19(2) –Environment. A Family Child Care Learning Home shall provide a safe sleep environment in accordance with American Academy of Pediatrics (AAP), Consumer Product Safety Commission (CPSC) and American Society for Testing and Materials (ASTM) recommendations as listed in these rules for all infants and one-year-old children when placed for sleep in a safety approved crib or in any other type of equipment approved for infant sleep. Staff shall place an infant to sleep on the infant’s back unless the Parent has provided a physician’s written statement authorizing another sleep position for that particular infant that includes how the infant shall be placed to sleep and a time frame that the instructions are to be followed. When an infant can easily turn over from back to front and back again, Staff shall continue to put the infant to sleep initially on the infant’s back but allow the infant to roll over into his or her preferred position and not re-position the infant. Sleepers, sleep sacks and wearable blankets that fit according to the commercial manufacturer’s guidelines and will not slide up around the infant’s face may be used when necessary for the comfort of the sleeping infant, however swaddling shall not be used unless the Home has been provided a physician’s written statement authorizing its use for a particular infant that includes instructions and a time frame for swaddling the infant. Staff shall not place objects or allow objects to be placed in or on the crib with an infant such as but not limited to toys, pillows, quilts, comforters, bumper pads, sheepskins, stuffed toys, or other soft items and shall not

attach objects or allow objects to be attached to a crib with a sleeping infant such as but not limited to crib gyms, toys, mirrors and mobiles.

- (a) The Home shall maintain the infant's sleeping area to be comfortable for a lightly clothed adult within a temperature range of sixty-five (65) to eighty-five (85) degrees depending upon the season. There shall be lighting adequate to see each sleeping infant's face to view the color of the infant's skin and check on the infant's breathing.
- (b) Wedges, other infant positioning devices and monitors shall not be used unless the Parent provides a physician's written statement authorizing its use that includes how to use the device and a time frame for using the device is provided for that particular infant.
- (c) Infants shall only sleep in a safety approved crib or other equipment approved for infant sleep as described in 290-2-3-.19(1)(a) and shall not sleep in any other equipment, such as, but not limited to, a car safety seat, bouncy seat, highchair, or swing. Infants who arrive at the facility asleep or fall asleep in such equipment or on the floor shall be transferred to a safety approved crib or other equipment approved for infant sleep.

Rule Type:
Core Rule

Intent of the Rule

To protect children's health and safety.

Clarification

The American Academy of Pediatrics (AAP) recommends that infants be placed on their backs for sleep, as this is the safest position for an infant to sleep. Putting an infant to sleep on his/her back decreases the infant's risk of sudden infant death syndrome (SIDS), which is responsible for more infant deaths in the United States than any other cause during the first year of life (beyond the newborn period).

Wearable blankets, for example, infant sleep sacks that zip or snap up the front and consist of a vest at the top that fits the infant so that the blanket cannot rise are permissible and do not require tucking. Staff may not swaddle a child with a blanket. A commercial swaddling gown may be used with a physician's written statement. The swaddling gown must be the appropriate size for the child.

The AAP released a policy statement on October 18, 2011 that states that regular blankets may be hazardous to children's health, and the use of them is not advisable. Also, crib gyms present a potential strangulation hazard for infants who can lift their head above the crib surface. These children can fall across the crib gym and not be able to remove themselves from that position. The presence of mobiles, crib toys, mirrors, etc. present a potential hazard if the objects can be reached and pulled down by an infant. Falling objects could injure an infant lying in a crib. Some stuffed animals and other objects that dangle from strings can wrap around a child's neck and cause strangulation.

The AAP states that evidence supports that room temperature is associated with the risk of SIDS. Overheating the infant should be avoided. The lighting in the room must allow staff 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 a pacifier (if used). If the infant falls asleep and the pacifier falls out of the infant's mouth, it should be removed from the crib and does not need to be reinserted. A pacifier has been shown to reduce the risk of SIDS, even if the pacifier falls out during sleep.

The AAP warns against using positioning devices because of the risk of suffocation and entrapment. If a positioning device is used in or under the crib, a physician's authorization should be obtained and kept on file.

Indicators

- ✓ Child care program staff must place all infants to sleep on her/his back in a safety-approved crib.
 - Note: Infants are at increased risk for upper airway obstruction and oxygen desaturation when they are in semi-reclined devices, such as car seats and swings, for long periods of time. Infants who fall asleep in devices of this type must be moved immediately to a safety-approved crib.
 - Reminder: Label the crib of any child who is able to roll over independently from his/her initial sleeping position.
 - TIP: Conduct routine refresher training for staff about safe sleeping practices.

- ✓ Child care program staff must adhere to commercial manufacturer's guidelines when using sleepers, sleep sacks, and wearable blankets.
 - Note: Children must not be swaddled with a blanket unless the program has been provided a physician's written statement authorizing the swaddling.
 - Reminder: The physician's written statement must include a time frame and instructions on how the infant is to be swaddled.
 - Organizational Tip: Assign sleepers, sleep sacks, and wearable blankets to individual infants to ensure the appropriate size is used at all times.

- ✓ Child care program staff must ensure that no objects are placed in, on, or attached to a crib in which an infant is sleeping.
 - Note: Soft items, such as pillows and comforters, placed under the infant or in the infant's sleep area, pose a serious suffocation hazard.
 - TIP: Post a sign above each crib stating that "No soft items in/on crib" as a reminder to all staff.
 - Reminder: Ornamental or small toys are often hung over an infant to provide stimulation; however, the crib should be used for sleep only. The crib is not recommended as a place to entertain an infant or to "contain" an infant. If an infant is not content in a crib, the infant should be removed.

- ✓ Child care programs must ensure that an infant's sleeping area has sufficient lighting and is at a comfortable temperature between 65-85 degrees depending on the season.
 - TIP: Regularly check all areas of the facility to ensure the temperature is comfortable to all children and staff and is within the required range.
 - Organizational Tip: Have replacement light bulbs available.
 - Reminder: Lamps may be used for additional lighting in classrooms.

- ✓ Child care program staff must not use wedges, positioning devices, and monitors in cribs with sleeping infants.
 - Note: If a positioning device is used in a crib, ensure that the program has a written physician's statement on file that includes all information specified by the rule requirements.
 - Reminder: Positioning devices must only be used according to the manufacturer's guidelines.
 - TIP: Ensure that all positioning devices are stored out of reach of children.

Resources:

Caring for Our Children, 3rd Edition

<http://cfoc.nrckids.org>