

Flowers in the Garden CDC

OPERATIONAL POLICY ON INFANT SAFE SLEEP

This form provides the information required by minimum standards Sections 746.501(9) and 747.501(6) for the safe sleep policy.



Directions: Parents must review this policy when enrolling their infant at either of **Flowers in the Garden Child Development Centers**. A copy is also in the parent handbook. For more on safe sleep and reducing Sudden Infant Death Syndrome/Sudden Unexpected Infant Death SIDS/SUIDS risk, visit: <http://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

All staff, substitutes, and volunteers at **Flowers in the Garden Child Development Centers** will follow these safe sleep guidelines from the American Academy of Pediatrics (AAP) and the Consumer Product Safety Commission (CPSC) to reduce the risk of SIDS/SUIDS:

- Always place infants on their backs to sleep, unless you provide Form 3019 signed by the infant's health care professional [Sections 746.2427, 747.2327].
- Use a firm mattress with a tight-fitting sheet in a crib that meets CPSC standards for full-size or non-full-size cribs [Sections 746.2409, 747.2309].
- For infants under 12 months, cribs or play yards must be bare except for a tight-fitting sheet and mattress cover or protector. Do not place soft or loose bedding (blankets, quilts, comforters), pillows, stuffed toys, bumper pads, liners, or sleep positioners in the crib. Infants' heads, faces, or cribs must not be covered by blankets, linens, or clothing [Sections 746.2415(b), 747.2315(b), 746.2429, 747.2329].
- Do not use sleep positioners or wedges. The AAP finds no evidence they are safe and they may increase suffocation risk [Sections 746.2415(b), 747.2315(b)].
- Keep sleeping areas ventilated and at a comfortable temperature for a lightly clothed adult [Sections 746.3407(10), 747.3203(10)].
- If extra warmth is needed, use sleep clothing (e.g., sleepers or footed pajamas) instead of blankets [Sections 746.2415(b), 747.2315(b)].
- Only one infant per crib [Sections 746.2405, 747.2305].
- Infants may use a pacifier during sleep, but it must not be attached to a stuffed animal [Sections 746.2415(b), 747.2315(b)] or to the infant's clothing by a string, cord, or other attachment that poses a suffocation or strangulation risk [Sections 746.2401(6), 747.2315(b)].
- If an infant falls asleep in a restrictive device (bouncy chair, swing) or arrives asleep in a car seat, move the infant to a crib immediately unless you provide Form 3019 signed by the infant's health care professional [Sections 746.2426, 747.2326].
- Our program is smoke-free. Smoking, including e-cigarettes and vaporizers, is prohibited in Texas child care operations [Sections 746.3703(d), 747.3503(d)].
- Actively observe sleeping infants by sight and sound [Sections 746.2403, 747.2303].
- If an infant can roll front to back and back to front, place the infant on their back to sleep and allow them to find their preferred sleep position [Sections 746.2427, 747.2327].
- Awake infants will have supervised tummy time several times daily to build strength and aid development [Sections 746.2427, 747.2327].
- Do not swaddle an infant for sleep or rest unless you provide Form 3019 signed by the infant's health care professional [Sections 746.2428, 747.2328].

HHSC values your privacy. For more information, read our privacy policy online at: <https://hhs.texas.gov/policies-practices-privacy#security>

This policy is effective on: _____ for _____ - _____
Date Child's Name Child's DOB

Parent Signature

Date Signed

Staff Signature

Date Signed

Director or Owner Signature

Date Signed

"Education is not the filling of a pail, but the lighting of a fire." ~ William Butler Yeats

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