

Kings Community Action Organization

Administrative Policy

AP 5310
Program Services

Infant Safe Sleep Policy

I. Purpose

To maintain a safe sleep environment that reduces the risk of Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Infant Death (SUID) in children under 12 months of age. Following recommendations from the American Academy of Pediatrics safe sleep guidelines.

II. Scope

This policy covers safe sleep practices and safe sleep environments for all infants up to 12 months of age while in the care of KCAO programs.

III. References

Head Start Performance Standards
1302.47 (5) (ii)
Community Care Licensing
101419.2 (a) (1) (2) (b) (1)-(5)
101429 (a)-(d)
Caring for our Children
(3.1.4), (3.1.4.4)

IV. Safe Sleep Practices

- a. Staff shall place infants up to 12 months of age on their backs for sleeping which include a firm crib mattress covered by a tight-fitting sheet in a safety-approved crib. The only exception is if a note from the infant's physician is provided indicating a medical reason for an alternate sleep position.
- b. Infants may adopt the preferred sleeping position as long as they can easily turn over from their back to their stomach. This recommendation will be followed at all times.
- c. Sleeping infants shall be directly observed by sight and sound at all times during the process of going to sleep, are sleeping, or in the process of waking up. Staff will physically check infants every 15 minutes for labored breathing, signs of overheating which include flushed skin color increased in body temperature and restlessness.
- d. Infants may be offered a pacifier for sleep, if provided by the parent. Pacifiers will not be attached by a string to the infant's clothing and will not be reinserted if they fall out after the infant is asleep.

- e. Staff will review the Safe Sleep Policy and complete the Individual Infant Sleeping Plan and provide resources on Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Infant Death (SIUD) at the time of enrollment.

V. Safe Sleep Environment

- a. Infants should be dressed appropriately for the environment, with no more than one layer to be comfortable. Sleeping areas will be ventilated and room temperature at no less than 68 degrees F and no more than 85 degrees F to avoid overheating.
- b. Lighting in the nap room will be at a level where staff can still easily see/observe children napping.
- c. The crib will have a firm mattress covered by a tight fitted sheet and will be free from mobiles, loose bedding, toys and other soft objects.
- d. Only one Infant will be placed to sleep in each crib.
- e. 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.
- f. A staff person should be present in each room at all times where infants are napping.

VI. Training

All staff will be trained on Infant Safe Sleep policy yearly.

Adopted by Board of Directors: July 19, 2023