

## Operational Policy on Infant Safe Sleep

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

**Directions:** Parents will review this policy upon enrolling their infant at FUMC Preschool and a copy of the policy is provided in the parent handbook. Parents can review information on safe sleep and reducing the risk of Sudden Infant Death Syndrome/Sudden Unexpected Infant Death (SIDS/SUIDS) at: <http://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

### Safe Sleep Policy

All staff, substitute staff, and volunteers at FUMC Preschool will follow these safe sleep recommendations of the American Academy of Pediatrics (AAP) and the Consumer Product Safety Commission (CPSC) for infants to reduce the risk of Sudden Infant Death Syndrome/Sudden Unexpected Infant Death Syndrome (SIDS/SUIDS):

- Always put infants to sleep on their backs unless you provide an Infant Sleep Exception Form 2710 signed by the infant's health care professional [§746.2427 and §747.2327].
- Place infants on a firm mattress, with a tight fitting sheet, in a crib that meets the CPSC federal requirements for full-size cribs and for non-full size cribs [§746.2409 and §747.2309].
- For infants who are younger than 12 months of age, cribs should be bare except for a tight fitting sheet and a mattress cover or protector. Items that should not be placed in a crib include: soft or loose bedding, such as blankets, quilts, or comforters; pillows; stuffed toys/animals; soft objects; bumper pads; liners; or sleep positioning devices [§746.2415 and §747.2315]. Also, infants must not have their heads, faces, or cribs covered at any time by items such as blankets, linens, or clothing [§746.2429 and §747.2329].
- Do not use sleep positioning devices, such as wedges or infant positioners. The AAP has found no evidence that these devices are safe. Their use may increase the risk of suffocation [§746.2415 and §747.2315].
- Ensure that sleeping areas are ventilated and at a temperature that is comfortable for a lightly clothed adult [§746.3407(10) and §747.3203(10)].
- If an infant needs extra warmth, use sleep clothing sleep sacks (insert type of sleep clothing that will be used, such as sleepers or footed pajamas) as an alternative to blankets [§746.2415 and §747.2315].
- Place only one infant in a crib to sleep [§746.2405 and §747.2305].
- Infants may use a pacifier during sleep. But the pacifier must not be attached to a stuffed animal or the infant's clothing by a string, cord, or other attaching mechanism that might be a suffocation or strangulation risk [§746.2415 and §747.2315].
- If the infant falls asleep in a restrictive device other than a crib (such as a bouncy chair or swing, or arrives to care asleep in a car seat), move the infant to a crib immediately, unless you provide an Infant Sleep Exception Form 2710 signed by the infant's health-care professional [§746.2426 and §747.2326].
- Our child care program is smoke-free. Smoking is not allowed in Texas child care operations (this includes e-cigarettes and any type of vaporizers) [§746.3703(d) and §747.3503(d)].
- Actively observe sleeping infants by sight and sound [§746.2403 and §747.2303].
- If an infant is able to roll back and forth from front to back, place the infant on the infant's back for sleep and allow the infant to assume a preferred sleep position [§746.2427 and §747.2327].
- Awake infants will have supervised "tummy time" several times daily. This will help them strengthen their muscles and develop normally [§746.2427 and §747.2327].
- Do not swaddle an infant for sleep or rest unless you provide an Infant Sleep Exception Form 2710 signed by the infant's health care professional [§746.2428 and §747.2328].

### Privacy Statement

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

**Signatures**

This policy is effective on (Date)	Child's name
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\_\_\_\_\_  
Signature — Director/Owner

\_\_\_\_\_  
Date Signed

\_\_\_\_\_  
Signature — Staff member

\_\_\_\_\_  
Date Signed

\_\_\_\_\_  
Signature — Parent

\_\_\_\_\_  
Date Signed

# Infant Care Sheet

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

<b>Type of Formula or Milk:</b>  ----- <b>If Warmed, for how long?</b> (Bottle warmer or Microwave)  -----	<b>Types of Juices:</b>  ----- ----- -----	<b>Types of Snacks:</b>  <p style="text-align: center;"><b>Baby Food</b></p> <p style="text-align: center;"><b>Table Food</b></p> ----- -----
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### Type of food? (bottle, baby food, table food, etc.)

		Date: / /	Date: / /	Date: / /
<b>Breakfast</b>	<b>Home</b>			
<b>Snack</b>	<b>9:00 am</b>			
<b>Lunch</b>	<b>11:30 am</b>			
<b>Snack</b>	<b>2:30 pm</b>			
<b>Dinner</b>	<b>Home</b>			

Do they take a pacifier? \_\_\_\_\_

If Yes, when? \_\_\_\_\_

Unless parents provide us with written instructions from your child's health professional, infants who are not able to turn themselves over are placed on their backs to sleep.

Do you have a specific way of putting your baby to sleep? (ex: rocking, rubbing back, etc...)

Are there any items they are attached to? \_\_\_\_\_

General likes or dislikes? \_\_\_\_\_

**To ensure the safety of your infant, we require updates at least monthly.  
Thank you for sharing your child with us!!**

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Updated on: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

Updated on: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

Updated on: \_\_\_\_\_ Parent Signature: \_\_\_\_\_