



POLICIES AND PROCEDURES FOR PREVENTING SUDDEN INFANT DEATH SYNDROME (SIDS)

Sudden Infant Death Syndrome or SIDS is the sudden, unexpected death of an infant under one year of age which remains unexplained after a thorough investigation. SIDS is the leading cause of death in babies between 1 month and 12 months of age. It is most common among infants that are 2-4 months old. The number of babies dying of SIDS dramatically drops after 6 months of age. 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 campaigns. Our policy has been created using the guidelines developed by the American Academy of Pediatrics and the National Institute of Child Health and Human Development's Back to Sleep Campaign. The following policies and procedures have been implemented by Quala Care Child Center, Inc. to ensure that the infants in our care are as safe as possible.

- ❖ Unless a child has a note from a physician specifying otherwise, all infants under twelve months of age shall be placed in a supine position for sleeping.
- ❖ When infants can easily turn over from the supine to the prone position, they shall be put down to sleep on their back, but allowed to adopt whatever position they prefer for sleep.
- ❖ Unless a doctor specifies the need for a positioning device that restricts movement within the child's crib, such devices shall not be used.
- ❖ All pillows, quilts, comforters, sheepskins, stuffed toys, and other soft products shall be removed from the crib while children are sleeping.
- ❖ All infants under 12 months of age shall be placed to sleep on a firm, tight-fitting mattress in a crib which meets Consumer Product Safety Commission (CPSC) safety standards.
- ❖ Should an infant fall asleep in another location (in a swing, bouncy chair, etc) he/she will be moved into a crib and placed on his/her back.
- ❖ If a blanket is used, the infant shall be placed with their feet at the foot of the crib and a thin blanket tucked around the crib mattress, reaching only as high as the infant's chest.
- ❖ All bibs, pacifier straps, and other unnecessary clothing items will be removed prior to placing the infant in the crib to sleep.
- ❖ Staff will visually check on sleeping infants often.
- ❖ The infant's head and face shall remain uncovered at all times.

If you would like more information on SIDS and safe sleep practices, handouts are available in the office. You can also call the SIDS Alliance at 800-211-SIDS or the National Back to Sleep Campaign at 800-505-CRIB.