



# Little Guppy Child Development Center

## INFANT SLEEP POSITION POLICY

This policy is put in place to help reduce the risk of SIDS (Sudden Infant Death Syndrome).

*SIDS is the sudden, unexpected death of an infant under one year of age which remains unexplained after a thorough investigation. SIDS is sometimes referred to as "crib death". However, cribs with safe bedding that follow the U.S. Consumer Product Safety Commission's guidelines are actually the safest places for infants to sleep.*

Our facility practices the following risk reduction strategies recommended by the U.S. Consumer Product Safety Commission, American Academy of Pediatrics, National Institute of Child Health and Human Development, Association of SIDS and Infant Mortality Programs, and Sudden Infant Death Syndrome Alliance:

- Infants under 12 months of age shall be placed on their back's on a firm tight-fitting mattress for sleep in a crib
- Pillows and other soft surfaces shall be prohibited as infant sleeping surfaces
- All pillows, quilts, comforters, sheepskins, stuffed toys, and other soft products shall be removed from the crib
- Blankets must be placed below the waist and must be receiving type blankets
- The infant's head shall remain uncovered during sleep
- Unless the child has a note from a physician specifying otherwise, infants shall be placed in a supine (back) position for sleeping to lower the risk of SIDS
- 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 physicians specifies the need for a positioning device that restricts movement within the child's crib, such devices shall not be used

If you would like additional information on SIDS it can be found at:

- Consumer Product Safety Commission [www.cpsc.gov](http://www.cpsc.gov)
- American Academy of Pediatrics [www.aap.org](http://www.aap.org)
- SIDS Resources, Inc. [www.sidsresource.org](http://www.sidsresource.org)
- Children's Trust Fund (Missouri) [www.Ctf4kids.org](http://www.Ctf4kids.org)
- Safe crib-safe sleep campaign 573-751-5147
- St. Louis Safe Sleep Task Force [www/stlsafesleepfrobabies.com](http://www/stlsafesleepfrobabies.com)

My signature(s) below indicates that I have read the safe sleep policy and understand that Little Guppy CDC follows the above mentioned risk reduction strategies.

\_\_\_\_\_  
Mother

\_\_\_\_\_  
Date

\_\_\_\_\_  
Father

\_\_\_\_\_  
Date