Safe Sleep for Infants

APPROACH:

The Early Head Start program follows the safe sleep practices set forth by the Oregon Health Authority Public Health Division and Office of Child Care. EHS staff receive safe sleep training within 30 days of hire. An infant is defined as a child in care from age six weeks until the child is walking alone (OCC Rules for Certified Child Care Centers, 2017).

PROCEDURES:

Staff will adhere to the following safe sleep practices for infants in care:

A. **Supervision of Sleeping Infants:** Infants must be supervised at all times while sleeping: (e.g. within sight and sound of staff). During naptime, or while supervising individual children sleeping, the programmatic staff to child ratios are not required.

B. **Crib Compliance:** Each infant shall sleep in a crib that complies with current Consumer Product Safety Commission (CPSC) standards with a clean non-absorbent mattress.

C. **Crib Mattresses & Bedding:** Mattresses must fit snugly in the crib, and be covered by a tightly fitting sheet. A clean sheet must be provided for each child. No other bedding will be used in the crib.

D. **Back to Sleep:** Infants must be placed on their backs on the crib mattress for sleeping. No Items in Crib Except Pacifiers: No items (except pacifiers) will be in the crib with the infant (e.g. bottles, toys, pillows, stuffed animals, blankets or bumpers, etc.).

E. **Clothing for Sleep:** Infant sleep clothing will include sleep sacks and footed pajamas. Swaddling and clothing that restricts the infant’s movements is not allowed.

F. **Strangulation Hazards:** Clothing or items that pose a strangulation risk (e.g. clothing with drawstrings, teething necklaces, pacifier attachments, etc.) are not allowed.

G. **Time in the Crib:** Infants will not be routinely left in a crib except for sleep or rest. Infants Falling Asleep in Other Places: If an infant falls asleep in another place (e.g. car seat, buggy, etc.), or arrives to care asleep in a car seat, the infant will immediately be moved to a crib or appropriate sleep surface (e.g. sleeping mat for older infants).

H. **When to Transition an Infant from Crib to Mat:** When an older infant is observed trying to climb out of the crib, or the parent informs staff that their child is trying to climb out of their crib at home, then the child must be transitioned immediately to a sleeping mat that complies with current CPSC standards. Sleeping mats must be placed in a “roomscaped” area of the classroom so the infant is separated from mobile toddlers.

HEAD START PROGRAM PERFORMANCE STANDARDS:

1302.47(2) – Safety Practices
Office of Child Care Regulations - 414-300-0300, 414-300-0215.