



**Infant Safe Sleep Policy**  
Child Development Center (CDC)

**Objective:** To provide a safe sleep environment for all infants (defined as children from birth to 12 months of age) and to ensure that parents or the individual responsible for the child's care are provided with consistent information regarding safe infant sleep procedures and expectations.

**Policy:** All teachers and other caregivers (for example, volunteers) of the CDC will adhere to the following Infant Safe Sleep guidelines.

1. Infants shall be placed on their backs for resting and sleeping, even if/when they can roll over by themselves.
2. Infants shall rest or sleep alone, in an approved crib with a firm mattress and a tightly fitting bottom sheet.
3. Infants' faces shall remain uncovered during sleep to ensure ease of breathing.
4. Infants shall sleep in a smoke-free environment.
5. Infants shall be dressed in as much or as little clothing as necessary to ensure that they do not become chilled or overheated. Sleep sacks may be used for this purpose.
6. Infants shall have nothing placed in the crib, i.e. no blankets, pillows, comforters, stuff animals or other soft toys, etc.
7. If an infant is unable to be placed on their back for resting and sleeping due to a physical disability or illness, the parent/guardian shall provide written instructions (signed and dated by the child's physician) that detail an alternative safe sleep position and/or other special sleeping arrangements for the infant. All caregivers shall adhere to the physician's written instruction with regard to resting and sleeping requirements for the infant.
8. Infant caregivers shall provide daily opportunity for supervised "tummy time" for awake infants.

As the parent/guardian of an infant enrolled in the Child Development Center of the United Methodist Community House, I have read, understand and agree with the CDC's safe sleep policy.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_