

UWEC Children's Nature Academy

INFANT/TODDLER SAFE SLEEP POLICY

Families,

Wisconsin state law requires all group centers to include in their health policy the steps that they will take to reduce the risk of Sudden Infant Death Syndrome (SIDS). SIDS is the sudden death of an infant under one year of age, which remains unexplained. In addition to this policy the UWEC Children's Nature Academy employees are required to have training in SIDS risk reduction procedures, Shaken Baby Syndrome, and to be currently certified in Infant/Child CPR and First Aid.

SIDS Policy:

In accordance with the American Academy of Pediatrics and the American Public Health Association, the UWEC Children's Nature Academy policy is as follows:

- Infants under 12 months of age shall always be placed on their backs on a firm tight-fitting mattress for sleep in a crib unless the infant has a letter from their pediatrician specifying otherwise.
- When infants can easily turn over from a back position to a belly position, they will be put down to sleep on their backs, but allowed to adopt whatever position they prefer for sleep.
- Pillows, bumper pads, quilts, comforters, sheepskins, stuffed toys, and other soft products shall not be used in the crib.
- Sleeping in infant seats, car seats, and swings is not permitted on a regular basis.
- Water beds, sofas, soft mattresses, and other soft surfaces shall be prohibited as infant sleeping surfaces.
- There will be no blankets or comforters under the baby. If the baby is to be swaddled, then the blanket shall not be allowed by the baby's face.
- Positioning devices that restrict movement are discouraged and shall not be used unless the infant has a letter from their pediatrician specifying otherwise.
- If a blanket is used, the infant shall be placed at the foot of the crib with one thin blanket tucked around the crib mattress, reaching only as far as the infant's chest.
- The infant's head shall remain uncovered during sleep.
- "Tummy Time" shall be provided for awake, non-mobile infants.

The UWEC Children's Nature Academy and families acknowledge that Sudden Infant Death Syndrome, although rare, is a possibility for all children under the age of 1. The above precautions will be followed in an effort to prevent the possibility of this tragic syndrome from occurring.

Child's Full Name: _____

Parent/Guardian Signature: _____ Date: _____