



REDUCING THE RISK OF SIDS IN CHILD CARE

Healthy Child Care America Back to Sleep Campaign

Follow these simple steps to reduce the risk of SIDS in your child care center or home:

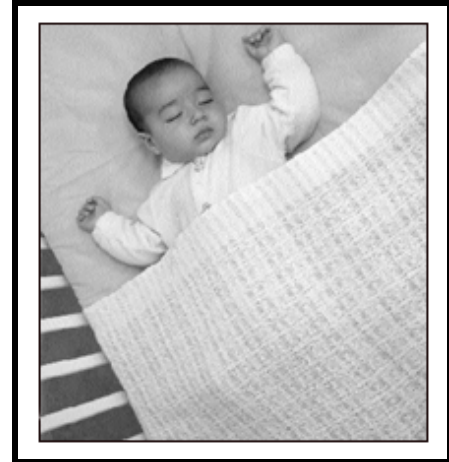
- ◆ Always place babies to sleep on their backs in cribs that meet Consumer Product Safety Commission crib safety standards.
- ◆ Locate the crib in a smoke-free room that is at a temperature that does not overheat the baby's sleeping room.
- ◆ Do not overdress the baby for sleep.
- ◆ Keep pillows, stuffed animals, bumpers, and toys out of the crib.
- ◆ If a light blanket is needed, make sure the baby's feet are at the foot of the crib and the blanket is tucked in on all sides and underneath the arms of the baby, not higher than the chest.
- ◆ Create a safe sleep policy in your center or home to help you talk about Back to Sleep with families and staff.

A disproportionate number of sudden infant death syndrome (SIDS) deaths occur in child care centers or homes (approximately 20%).

What is Unaccustomed Tummy Sleeping?

Unaccustomed tummy sleeping is when a baby is put to sleep on his or her back at home and then is put to sleep on the tummy in the care of a secondary caregiver. These babies are more likely to die of SIDS than a baby that is always put on the back to sleep.

Remember: back to sleep every time.



Here are some other tips to help you easily incorporate safe sleep practices into your child care center or family child care home:

1. While awake, babies need supervised tummy time to help them develop strong neck, shoulder, and back muscles.
2. Once placed in the crib on the back, an older baby may be allowed to assume any position that seems comfortable. If the baby can repeatedly turn from back to tummy, then it is OK to allow him or her to sleep in that position as long as you are comfortable.
3. Few medical reasons merit exemption from the back to sleep positioning, but if the baby does have a medical reason that requires them to sleep in a position other than on the back a letter must be provided from the infant's health professional stating the medical reason and what position the baby should sleep in.
4. Back to sleep is a safe, comfortable way for babies to sleep. If you encounter resistance, share your safe sleep policy with families and staff to encourage them to put the baby to sleep on the back while in the center and at home.
5. Support parents who want to feed their children human milk (breastfeeding).

If you have questions about SIDS in child care, would like to download a free copy of the *Reducing the Risk of SIDS in Child Care* speaker's kit **in English or Spanish**, or would like references for the information above, visit the Healthy Child Care America Web site at www.healthychildcare.org or contact the early education and child care staff at childcare@aap.org, or 888/227-5409.