



What you should know about Sudden Infant Death Syndrome

- Sudden Infant Death Syndrome or SIDS**
- is the sudden and unexpected death of an infant 12 months of age or younger, for whom no cause of death can be found
 - happens most often during 2 to 4 months of age
 - occurs more frequently during the winter months

Although SIDS cannot be prevented, caregivers and families can reduce the risk when they

- keep baby from overheating
- do not over-wrap the baby
- do not let anyone smoke near the baby
- create a safe sleep place for the baby
- follow the examples in this poster

Remember Stomach to Play ... Back to Sleep for baby's healthy development and to reduce the risks of SIDS

Top Ten Tips



1. Allow only one baby per crib.
2. Tuck blanket along 3 sides of the mattress.
3. Consider checking sleeping baby every 15-20 minutes.
4. It is safest to keep toys, stuffed animals and fluffy blankets out of the crib when baby sleeps.
5. Use a thermometer. Maintaining 68°F to 72°F is safe and comfortable.
6. Put a *No Smoking* sign at your door.
7. Make tummy time interactive and fun for baby.
8. Review the safe sleep policy at staff orientation.
9. Include your safe sleep policy in the parent and staff handbooks.
10. Keep your Training certification up-to-date.



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From:



To:

Safe Sleep Rules for Caregivers



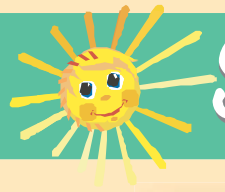
Child care providers are taking important steps to promote the health and safety of babies.

North Carolina Law (G.S. 110-91-15) requires child care providers licensed to care for children ages 12 months or younger to:

- place infants on their back to sleep*
- develop and maintain a written safe sleep policy
- inform parents of policy
- receive training

*a waiver may apply





Safe Sleep Rules for Caregivers



If you care for babies 12 months of age or younger, follow these child care rules to promote sleep safety and to reduce the risks for Sudden Infant Death Syndrome (SIDS).



1 Always place baby on its back to sleep

- A written waiver from a health care provider or parent stating a different sleep position is allowed in certain circumstances



2 Do NOT cover baby's head

- Baby's head remains uncovered throughout sleep time



3 Visually check the sleeping baby and record information

- Record baby's position, who checked, the date and time
- Keep record for 1 month



4 Create a safe sleep place

- Use a crib, bassinet or playpen
- Use a firm padded surface (mat or mattress)
- If objects are allowed in the crib when baby sleeps, your policy must state what kind and how many



5 Observe the room temperature where baby sleeps

- Keep temperature 75°F or lower



6 No smoking

- No one may smoke while children are in care or are being transported
- There are restrictions about smoking and using tobacco products. Check with your licensing consultant for more information



7 Stomach to play

- Put an AWAKE baby on its tummy



8 Develop a written Safe Sleep Policy

- Post your policy or a sleep safety poster in the infants' sleeping area





9 Share the Safe Sleep Policy with parents and staff

- Talk to parents about the policy before their child enrolls
- Have parents sign a statement when the policy is explained and keep a copy
- Give parents a copy of the policy



10 Take the required  Training

- New providers must take  training within 4 months of being hired
- Take  training every 3 years
- Receive contact hour credits

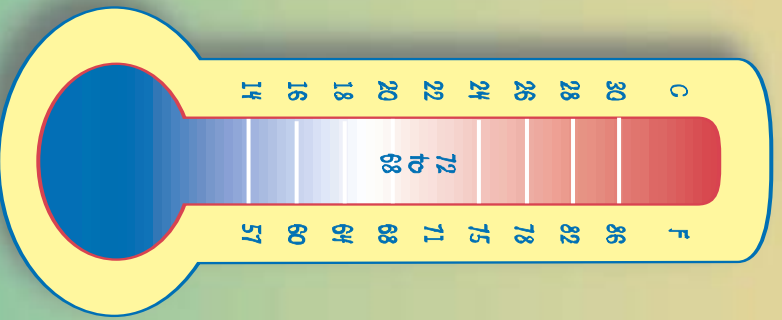
Baby's Safe Sleep



To reduce the risk of Sudden Infant Death Syndrome (SIDS)

Keep Baby Comfortable. Not Too Hot.

- Do not over-bundle baby
- Use a light-weight blanket
- Do not cover baby's face with blankets
- Dress baby in layers that can be removed
- Know the signs of overheating
- Keep room temperature where baby sleeps 68°-72°F. Not over 75°F



www.NCHealthyStart.org

Resources



www.nchealthystart.org

North Carolina Healthy Start Foundation

offers materials about women's and children's health, pregnancy, infant development, SIDS and access to child health insurance.

N.C. Division of Child Development

www.ncchildcare.net

CARELINE

1-800-662-7030



To find a local ITS-SIDS training call or contact:

http://www.nchealthystart.org/its-sidstrainer_list.html

North Carolina Division of Child Development at 1-800-859-0829 (In-State only) or 919-662-4499

Your Licensing Consultant
A Child Care Resource & Referral Agency
Smart Start Partnership
Cooperative Extension Service
Local health department

For more information about SIDS call

1-800-367-2229

NC Family Health Resource Line

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