

# Child Care

## Is Your Child Sleeping Safely in Child Care?



### ALONE

Stay Close,  
Sleep Apart



### BACK

On their Back for  
Nights and Naps



### CRIB

Clean, Clear Crib



### DANGER

Be Aware,  
Not Impaired

### Is your infant sleeping safely in child care?

- About one in five sleep-related deaths in babies ages 0-12 months occur when the baby is in the care of someone other than the parent.
- Many of these deaths occur when babies who are used to sleeping on their backs at home are placed on their tummies by another caregiver.
- Babies who are used to sleeping on their backs and then placed on their tummies are 18 times more likely to die from a sleep-related event.
- You can reduce this risk to your baby by talking to all of their caregivers about placing your baby to sleep on their back and talking to them about other practices to keep your baby safe when they sleep.
- When looking for child care, babysitters, or even relatives to care for your baby, find out what they know about infant safe sleep and share this brochure with your child's caregivers.
- Before leaving your baby with any caregiver, be sure they agree that the safe sleep practices you discuss with them will be followed.

### Look for these things in your child care center:

- Babies sleep in their own \*safety-approved crib containing a firm mattress covered with a tight fitting crib sheet.
- Babies are never allowed to sleep in car seats, swings, infant seats, or other equipment not designed for baby sleep.
- Cribs are clear of bumper pads, blankets, pillows, burp cloths, toys or other items in the crib or hanging on the crib.
- Babies are always placed to sleep on their back for every sleep time. Once they can easily turn over from back to tummy and tummy to back, they can stay in that position after starting out on their back.
- Babies wear footed sleeper or baby sleep sack/ bag to sleep as safe alternatives to blankets. No bibs, hoods, or clothing with a drawstring or tied around the neck should be worn for sleep.
- Caregivers are alert and visually supervise children during sleep time.
- The facility has a written safe sleep policy that follows the American Academy of Pediatrics guidelines (ABC's of Safe Sleep). This policy is provided to all parents of babies.
- The facility and the facility grounds are smoke free.
- Babies are not swaddled.
- Pacifiers are permitted for sleep but are not attached by clips or strings to clothing or to the baby.

\*Compliant with current US Consumer Product Safety Commission Standards