SAFESLEEP
KENTUCKY
From the Kentucky Department for Public Health

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Child Care Providers
Guide to Safe Sleep

Kentucky child care regulations requires that each child care center must ensure a Safe Sleep environment for each infant in their care as stated in 922 KAR 2:120 - Child Care Facility Health and Safety Standards.

- An infant is defined as a child less than 12 months old.

- An infant shall sleep on his/her back for all sleep times unless a waiver has been signed and submitted by the infant's health professional.

- The crib must be an individual, non-tiered crib that meets the Consumer Product Safety Commission standards.

- The crib mattress shall be firm and in good repair with a clean, tight-fitting sheet.

- There shall be no loose bedding.

- There shall be no toys or other items except the infants pacifier.

- Smoking is not permitted anywhere in the center. (Infants should not be around cigarette smoke of any kind including e-cigarettes. After smoking, caregivers should wash their hands and face before handling any child) Infants exposed to smoke are at a higher risk for SIDS.

What can you do as a Childcare provider to ensure compliance with Safe Sleep regulations?

- Every infant in your care should have their own crib that meets current regulations.
- Babies sleep on their back for every sleep time.
- Cribs do not have bumper pads, blankets, pillows, toys or other items in them or hanging on them.*
- Infants in your care are not permitted to sleep in car seats, swings or other items not designed for sleep.*
- If extra warmth is needed, ask the parent to provide a footed sleeper or a baby sleep sack or grown instead of using a blanket. This will eliminate the loose bedding issue.
- Staff should be alert and visually supervising children during their naptime.*
- Have an infant sleep policy for your center that follows AAP guidelines. Infants should sleep on their back, alone in the crib and with nothing else in the bed except for a fitted sheet for every sleep period.
- Train all staff working with infants on Safe Sleep. A free online training is available at http://www.healthychildcare. org/PDF/SIDSAccessFlyer.pdf Use promotional code SIDSCCP
- Share your safe sleep policy and information with your families of infants.

*Complying with these Safe Sleep Practices applies to your ITERS score as well.

Important Facts

A **ALONE** - Stay Close, Sleep Apart

B On their **BACK** for night and naps

C In a clean, clear **CRIB**

D Drinking and drug use can impair your ability to care for a baby

VIDEOS (Free)
Safe to Sleep Campaign:
www.nichd.nih.gov/sts/
(Click on Campaign Materials and scroll down to "Safe Sleep for Your Baby" video)

First Candle:
www.firstcandle.org/new-moms-dads/
bedtime-basics-for-babies/video/

Healthy Children (AAP):
www.healthychildren.org/English/Safe-Sleep-for-Babies.aspx

Free Training for Child Care Staff for clock hours:
www.healthychildcare.org/PDF/SIDSAccessFlyer.pdf

Use promotional code SIDSCCP

- Every 5 days in Kentucky, an infant dies in an unsafe sleep environment.

- Many of these deaths are preventable.

- In 2013, 90% of these infants who died unexpectedly had at least one risk factor related to their sleep space.

- These risks include: sleeping on a surface not intended for infant sleep such as an adult bed, couch, car seat or swing; sharing a bed with an adult or another child; or pillows, blankets and other soft bedding, and toys in the crib.

- In the state of Kentucky, an infant is 70 times more likely to die in a sleep-related death than in a motor vehicle accident.

- Nationally, up to 20% of sudden unexplained infant deaths occur in child care.

- Many of the deaths in child care happen because infants who are used to sleeping on their back at home are placed on their stomach for sleep in child care. This is a very dangerous practice.

- The only item that is permissible in the crib with the baby is a pacifier.

- Keeping infants safe during sleep is actually quite simple by following the ABC's. Baby sleeps ALONE, on their BACK and in a CRIB.

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