

SIDS Addendum

Addendum for Parents of Infants 0-12 Months

Providing your infant with a safe environment in which to grow and learn is of extreme importance to me. To that end,

I have implemented policies and procedures to create a safe sleep environment for your infant.

I follow the recommendation of the American Academy of Pediatrics (AAP) and the Consumer Safety Commission for safe sleep environments to reduce the risk of Sudden Infant Death Syndrome (SIDS). SIDS is “the sudden death of an infant under 1 year of age, which remains unexplained after a thorough case investigation, including the performance of a complete autopsy, examination of the death scene, and review of the clinical history.”

My written policy is as follows:

1. All infants will be placed on their backs in approved sleeping areas unless alternate sleep position is needed for a medical reason and a written note from the infant’s health professional is provided.
2. Per the CCA regulations, sleeping infants will be physically monitored every 15 minutes.
3. Infants will not sleep on water beds, sofas, soft mattresses, or other soft surfaces.
4. Soft materials such as pillows, quilts, comforters, sheepskins, stuffed toys, and loose bedding will not be placed in infants’ sleep environment.
5. Infants will not share a sleeping space.
6. Infants will remain lightly clothed and comfortable while sleeping.
7. Supervised “tummy time” will be observed while infant is awake.
8. No smoking is allowed.

Since the start of the 1994 national campaign that provided guidelines for parents, health professionals, and other caregivers to place infants on their backs to sleep, the number of infants dying from SIDS has decreased by 42%.