

Reduce the risk of sleep-related fatalities among children under the age of one with safe sleep practices in child care.

This guide, based on recommendations from the National Institutes of Health, educates child care providers and caregivers about general safe sleep practices that are required in all state licensed child care facilities in California. Research shows nearly half of all caregivers have received **incorrect or no advice** regarding safe sleep practices, according to Pediatrics, the official journal of the American Academy of Pediatrics. Caregivers who received correct advice were less likely to place infants to sleep on their stomach or side.

**Bare sleeping space
is best**

For the full regulation, visit:

<http://www.cdss.ca.gov/inforesources/Child-Care-Licensing/Public-Information-and-Resources/Safe-Sleep>

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Safe Sleep





Back to Sleep

Safe Sleep Regulations

In 2020, CDSS implemented infant safe sleep regulations to reduce risk of unsafe sleeping environments, based on the California SIDS Program, American Academy of Pediatrics, and Caring for Our Children National Health and Safety Performance Standards. These regulations will support the importance of implementing measures in child care facilities to lower the risk of SIDS, and require safer environments and best practices for infants in care. This brochure is intended to provide an overview of the regulations and safe sleep best practices.

Safe Sleep Regulations and Best Practices

- ▶ Infants 12 months or younger must be placed on their backs to sleep.
- ▶ Place all infants on a firm mattress with a fitted sheet that fits snugly in a crib or play yard that meets current Consumer Product Safety Commission standards.
- ▶ Do not allow infants to sleep on beds, couches, chairs, bean bags, pillows, or in other unsafe environments.
- ▶ Car seats will only be used for transportation and must not be used for sleeping.
- ▶ Cribs will be free from all loose bedding, pillows, toys and objects.
- ▶ Infants must not be swaddled while in care.
- ▶ The infant's head must not be covered while sleeping.
- ▶ Remove attachments to pacifiers while sleeping.
- ▶ While infants are sleeping, the caregiver will check for labored breathing, signs of overheating, flushed skin, increase in body temperature, and restlessness.
- ▶ Each child, age 12 months or younger, will have a sleeping plan on file, which will cover their sleeping habits, usual sleeping environments, and the child's rolling abilities.

Family Child Care Home Specific Requirements

- ▶ The provider must have one crib for each infant in care.
- ▶ Providers must visually check on sleeping infants in-person every 15 minutes and document any changes for all infants up to 24 months old.
- ▶ Complete an Individual Infant Sleeping Plan (LIC 9227) for all infants up to 12 months old.
- ▶ Doors to separate rooms shall remain open to allow visual observation.