

ST. JOSEPH ACADEMY
(SJA)

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I. Policy:

It is our policy that a safe sleep environment reduces the risk of sudden infant death syndrome (SIDS) and other sleep related deaths. To do so, St. Joseph Academy will practice the following safe sleep policy:

II. Procedures:

- A. All children under 5 years of age in care for more than 4 hours shall have a nap or rest period.
- B. Each child shall be allowed to have undisturbed rest or a nap, when needed, in a place that is clean, safe and comfortable.
- C. Child care workers shall permit a child who does not sleep after 30 minutes and a child who awakens to get up and to have quiet time through the use of equipment or activities which will not disturb other children.
- D. If a child falls asleep in a swing, bouncy seat, car seat, or on the floor, the child must be immediately removed from that area and be placed to sleep on their back in the crib/mat assigned to them.
- E. Each child under one year of age who naps or sleeps shall be provided with a safe, washable crib or playpen that meets the applicable safety standards in 16 CFR Part 1219 or 1220 and shall be placed at least 2 feet from the nearest sleeping child. Cribs or playpens may be placed end-to-end if a solid partition separates the crib or playpen and an aisle not less than 2 feet in width is maintained between sleeping surfaces.
- F. A safe crib or playpen with a tight fitting mattress with a tight-fitting covering shall be available for each child under one year of age to use for napping or sleeping. The crib or playpen may not contain soft or loose materials, such as sheepskins, pillows, blankets, flat sheets, bumper pads, bibs, pacifiers with attached soft objects or stuffed animals.
- G. Infants will not be swaddled unless we have obtained written permission from the child's parent.
- H. Each child one year of age and older who has a nap or rest period shall be provided with a sleeping surface that is clean, safe, washable, and placed at least 2 feet from the nearest sleeping child. Sleeping surfaces may be placed end-to-end if a solid partition separates

children and an aisle not less than 2 feet in width is maintained between sleeping surfaces. The sleeping surface shall be any of the following:

- A bed.
 - A cot.
 - A padded mat.
 - A sleeping bag.
 - A crib or playpen
- I. Each child one year of age and older not using a sleeping bag shall be provided with an individually identified sheet and blanket that may be used only by that child until it is washed.
- J. Bedding shall be maintained and stored in a clean and sanitary manner, replaced immediately if wet or soiled, and washed after every 5 uses at a minimum. A crib or playpen shall be washed and disinfected between changes in occupancy.
- K. ECEC Staff will actively observe sleeping children by sight and sound.
- L. ECEC Staff will receive SIDS training prior to working with children. SIDS training is aimed to promote the health and safety of infants in child care settings by providing education and outreach to child care providers regarding safe sleep recommendations and because certification workers will be evaluating safe sleep environments, it will be helpful to learn more about this topic.

Approved by: 
President/CEO

Date 3/11/24