

# LINENS

**POLICY:** Each child will have a clean, safe, and comfortable place for sleeping that meets licensing requirements.

**PURPOSE:** To protect the health of the children.  
To comply with Licensing Regulations.

**PROCEDURE:**

1. Cot and crib mattresses will be completely covered with a fitted sheet which is secured at the edges to prevent bunching.
2. Blankets and pillows on cots for children over 2 years old are optional depending on preference and temperature. Blankets and pillows for children under 2 years old must NOT be used to prevent SIDS or suffocation.
3. Linens will be changed at minimum **daily** for children in cribs and **weekly** for children in cots, and anytime they become wet or soiled.
4. Each child will have his own cot or crib with his individual linens and blankets.
5. Cots and hard surfaces of cribs will be disinfected at minimum weekly, and anytime they become wet or soiled, with safe cleaning agents that do not aggravate asthma or respiratory conditions.
6. "Sleep sacks" or wearable blankets may be used, **but** a waiver or exception request must be submitted to licensing for approval due to the variety of types of sleep sacks available. If approved by your licensing office, sleep sacks should:
  - a. Not restrict the infant's movement in any way
  - b. Not be "weighted" (have extra weight on the chest)
  - c. Not be used as a swaddle nor have swaddle attachments or wings

References:

California Health and Safety Code, Sections 1596.72, 1596.81

California Code of Regulations Title 22, Division 12, Chapter 1, Subchapter 2, Article 7, Section 101439.1, retrieved from: <https://www.cdss.ca.gov/inforesources/letters-regulations/legislation-and-regulations/community-care-licensing-regulations/child-care>

And <https://www.cdss.ca.gov/inforesources/child-care-licensing/public-information-and-resources/safe-sleep>

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