

## BACK TO SLEEP

**POLICY:** Infants will always be placed on their back for sleep while in our care. A child has the right to a safe environment and deserves to have caregivers who will take every reasonable precaution to prevent accidents and injury.

**PURPOSE:** To ensure every child's safety.  
To reduce the risk of SIDS, suffocation, and sleep-related deaths.  
To comply with licensing regulations.

### **PROCEDURE:**

1. Parents/legal guardian will be alerted to the center's policy for back sleeping and be given the pamphlet "Back to Sleep" upon initial enrollment.
2. Parents/legal guardians and staff shall complete the Individual Infant Sleeping Plan form (LIC 9227)
3. From the first day of enrollment, infants will be placed on their back to sleep for every nap time.
4. If part C of the Infant Sleeping Plan is **NOT** completed, then infants who have rolled onto their stomach or side **must** be turned over on their back.
5. If the parent wrote on Part C that the child can roll over both ways, then it is not necessary to roll the child over to their back if they rolled onto their stomach during sleep. **You should still place them on their back to begin their nap each time.**
6. If rolling both ways is observed by the childcare staff, staff must complete section D of the Sleeping Plan within 1 business day. After which, it is no longer necessary to roll the child over onto their back if they rolled onto their stomach during sleep.
7. If a child resists back sleeping, try holding the child until asleep and then place in the crib on their back. As in all other behavior modifications, you are the expert and persistence will win out.