



# *Safe Sleep Tips for Parents & Childcare Providers*

## **Tips for parents and childcare providers:**

- Place healthy infants on their back to sleep at all times, unless a physician advises otherwise. Infants who are regularly placed to sleep on their stomachs have a five times greater risk of dying. Infants who usually sleep on their backs who are then placed on their stomachs to sleep are 18 times more likely to die suddenly.
- Place infants in a crib or play pen that meets current safety standards and is properly assembled according to the manufacturer's directions. Check for recalls at [www.recalls.gov](http://www.recalls.gov)
- Always place infants on a firm, tight-fitting mattress covered by a fitted sheet. Never allow a gap larger than two fingers between the sides of the crib and the mattress.
- Do not use old, broken or modified cribs; regularly tighten hardware to keep sides firm.
- Never place a crib near a window with blind or curtain cords.
- Use clothing designed for sleep, such as a one-piece sleeper, instead of a blanket. The safest sleepwear is a snug-fitting garment made of 100 percent polyester or labeled as flame resistant.
- Sleep infants in a well-ventilated sleeping environment. Ideally the room temperature should be approximately 68 to 70 degrees to avoid overheating the infant.
- Remove all blankets, pillows, quilts, comforters, stuffed animals, toys, bumper pads and other soft products from the infant's sleep area.
- Do not use sleep-positioning devices.
- Do not allow smoking around infants.
- Make sure nothing is covering the infant's face or head.
- Sleep only one infant per crib.
- Infants should be within hearing distance at all times. Don't rely solely on a baby monitor.

- Provide supervised tummy time on a daily basis while infants are awake to strengthen the neck and upper body muscles in case they roll over during sleep.

## **Tips for childcare workers**

- Develop a safe sleep policy for all children and discuss it with parents before the first day of care.
- Communicate regularly with parents to make sure that they understand safe sleep practices.
- Infants in child care should be within hearing distance at all times and visually checked and touched every 10-15 minutes. Don't place infants in a back bedroom or basement with the door shut.

## **Tips for parents**

- Make sure the childcare home or center is licensed or registered by the Kansas Department of Health and Environment (KDHE). Ask to see the license or certificate, which will tell you the type of license held and the maximum number of children that may be enrolled.
- You can check the compliance history of a regulated childcare facility by calling KDHE at (785) 296-1270 and requesting a provider check.
- Talk regularly to your childcare provider, relatives, and all caregivers watching your child about safe sleep.

