

Safe Sleep Checklists – Homes

Providing infants (0-12 months) with a safe environment in which to grow and learn is of extreme importance to us. Therefore, our family child care home has implemented this checklist to create a safe sleep environment for infants. We follow the recommendations of the American Academy of Pediatrics (AAP), Indiana's Family and Social Services Administration (FSSA), and the Consumer Product Safety Commission (CPSC) to reduce the risk of Sudden Unexpected Infant Death (SUID).

Educator Tasks (Daily Checks)

- Visually check infants often while sleeping
 - Normal skin color
 - Chest rising and falling
- Sanitize cribs, portable cribs, and playpens
 - Between each use when used by **different** infants
 - At least once a week when used by the **same** infant
 - After soiled

Sleep Conditions (Daily Checks)

- Alone and on their backs
 - No toys, stuffed animals, bottles, etc.
- Dressed in appropriate clothing
 - Prevent overheating and chilling
 - No bibs, hats, hoods, headbands, etc.
- Uncovered from head to toe
 - No swaddling, blankets, quilts, etc.
- With pacifier (only if used at home)
 - Nothing attached to pacifier
 - Not reinserted if falls out during sleep
- In CPSC-approved crib, portable crib, or playpen
 - No soft surfaces (e.g., bouncy seats, sofas, swings, car seats, etc.)

Crib Environment (Daily Checks)

- No smoking anywhere on the premises
- Cribs or playpens
 - Not near heaters or drafts
 - Not near wall hangings, cords, outlets, etc.
 - Not blocking doorways or emergency exits
 - No holes or tears in playpen mesh
- Doors of sleeping rooms must remain open
- Licensee's own children may sleep in their respective bedrooms
- Cribs have a firm mattress with tight-fitting sheets
 - No sheet holes, rips, tears, stretched elastic
 - No crib bumpers
 - No mobiles

Crib Environment (Monthly Checks)

- Cribs meet CPSC standards
 - Crib slat gaps less than 2 ³/₈ inch (6 cm)
 - Mattress less than 1 inch (2.5 cm) from all crib sides
- Cribs located away from heaters, drafts, and window covering cords
- Cribs not blocking doorways / emergency exits
- Evacuation crib wheels working correctly
- Crib sheets
 - No holes, rips, tears, stretched elastic

To lower the risk of SUID...

Infants are ALWAYS placed on their backs to sleep unless they have a signed alternate sleep position waiver from a medical provider that is approved by the Office of Early Childhood and Out-of-School Learning (OECOSL).

