

**Bare
sleeping
space is
best**



Resources can be found on our website at:

<http://www.cdss.ca.gov/inforesources/Child-Care-Licensing/Public-Information-and-Resources/Safe-Sleep>

Full proposed Safe Sleep Regulations, ORD No. 0318-03 can be found under post - hearing at:

<http://www.cdss.ca.gov/inforesources/Letters-Regulations/Legislation-and-Regulations/CDSS-Regulation-Changes-In-Process-and-Completed-Regulations>



**Safe
Sleep**



Reduce the risk of sleep related fatalities among children under the age of 1 with safe sleep practices in child care.

This guide, based on recommendations from the National Institutes on Health, educates child care providers and caregivers in general about safe sleep practices, some of which may soon be required in all State licensed child care facilities in California. Research shows nearly half of all caregivers have received *incorrect or no advice* regarding safe sleep practices, according to *Pediatrics*, the official journal of the American Academy of Pediatrics. Caregivers who received correct advice were less likely to place infants to sleep on their stomach or side.

Safe Sleep Regulations

CDSS developed and proposed new and stronger requirements to reduce risk of unsafe sleeping environments, based on the California SIDS Program, American Academy of Pediatrics, and Caring for Our Children National Health and Safety Performance Standards. These regulations will support the importance of implementing measures in child care facilities to lower the risk of SIDS, and require safer environments and best practices for infants in care. As the regulatory requirements move through the approval process, this brochure is intended to provide an overview of proposed regulations and safe sleep best practices.



NEW Proposed Safe Sleep Regulations and Best Practices

- ◆ Infants 12 months or younger must be placed on their backs to sleep.
- ◆ Place all infants on a firm mattress with a fitted sheet that fits snugly in a crib or play yard that meets current Consumer Product Safety Commission standards.
- ◆ Do not allow infants to sleep on beds, couches, chairs, bean bags, pillows, or in other unsafe environments.
- ◆ Car seats will only be used for transportation and must not be used for sleeping.
- ◆ Cribs will be free from all loose bedding, pillows, toys and objects.
- ◆ Infants must not be swaddled while in care.
- ◆ The infant's head must not be covered while sleeping.
- ◆ All pacifiers must not have anything attached to them.
- ◆ While infants are sleeping, the caregiver will check for labored breathing, signs of overheating, flushed skin, increase in body temperature, and restlessness.
- ◆ Each child, age 12 months or younger, will have a sleeping plan on file, which will cover their sleeping habits, usual sleeping environments, and the child's rolling abilities.

Family Child Care Home Specific Requirements

- ◆ The provider must have one crib or play yard for each infant in care.
- ◆ Licensees shall check on infants every 15 minutes and doors to separate rooms shall remain open to allow visual observation.