

A Safe Sleep Guide for Childcare Providers

When babies sleep safe, we rest easy

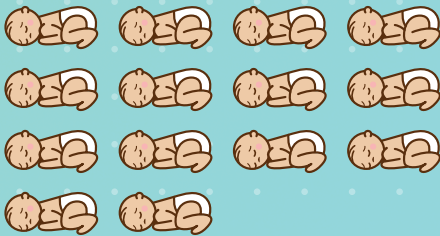


PROVIDED BY:
THE DEPARTMENT OF
HUMAN SERVICES,
STATE OF HAWAII

What is SIDS and SUID?

Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Infant Death (SUID) are the leading cause of preventable death for infants in Hawai'i and nationwide.

Department of Health data shows that nearly two of every three infants are not sleeping in a safe environment and nearly one in every three are not sleeping in a crib (between two and six months of age).



On average, 14 infants die each year in Hawai'i from SUID.

Safe Sleep over the Years

Over the years, our understanding of what keeps babies safe has changed. In the mid-1990s, the American Academy of Pediatrics came out with guidelines that dramatically shifted how parents and caregivers would put infants to sleep. Now AAP recommends we place infants to sleep on their back which was different than previous guidance.

Even since the beginning of the “Back to Sleep” campaign, there have been updates and additional research to help us better understand how we can reduce the risks for our sleeping babies.

With updates and additional research occurring regularly, the Department of Human Services

AAP RECOMMENDS WE:

Place infants to
sleep on their back

(DHS) requires licensed and registered providers to get annual training on safe sleep practices. We believe this regular training serves as an important reminder as well as allows everyone to be the most up-to-date in our safe sleep practices.


You can get more information about annual training from PATCH (patchhawaii.org) and AAP’s online training (aap.org).

Baby Sleeps Best

with the ABCs...

Safe
and proper
way for baby
to sleep





The infants you care
for should always sleep...

Alone

- The safest place for your baby to sleep in his or her own crib or playpen in the same a room.
 - Infants should sleep alone in an empty crib—keep toys, bumpers, pillows and blankets out of the crib or playpen.
-



on their Backs

- Place infants on their backs to sleep at naptime.
 - Infants should sleep flat on a firm surface.
 - Dress children in cool clothes so they do not get too warm.
-

in a Crib

- A crib in this sense can include a crib or playpen that is CPSC approved.
- The crib should have a tight-fitted sheet.
- Move infants who have fallen asleep from swings, hammocks, baby slings, strollers, or car seats into a crib or playpen.



Follow this checklist

Ensure all infants less than one year of age in your care are sleeping safely:

- Use Consumer Product Safety Commission (CPSC)-approved cribs or playpens for sleep;
- Maintain a written safe sleep policy that is shared with families, employees, and household members;
- Complete annual training on safe sleep;
- Place infants on their backs to sleep;
- Monitor and periodically check on sleeping infants;
- Move an infant to a crib or playpen if they fall asleep elsewhere;
- Keep crib or playpen clear of soft bedding, bumper pads, and other objects;
- Use a clean, tightly fitted crib sheet;
- Keep sleeping areas ventilated and at a safe temperature; and
- Do not allow bed-sharing.

Did you know...

Newborns to 4 month old babies sleep an average of 16–18 hours in a day



7–9 HOURS

+



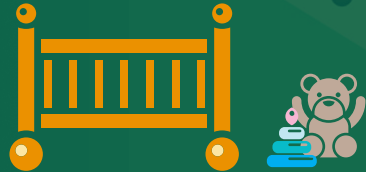
8–9 HOURS



Keep the room where your baby sleeps at a comfortable temperature

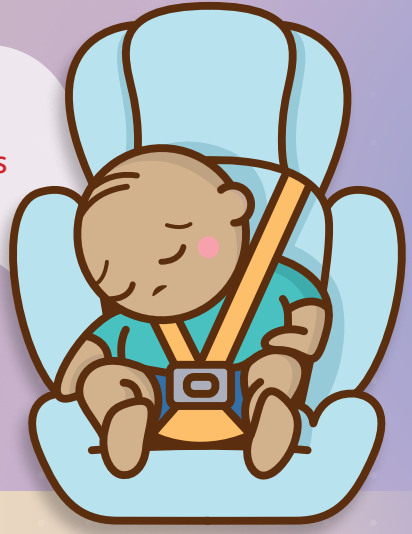
Infants should sleep in an area free of hazards, such as dangling cords, electric wires, and window-covering cords, because these may present a strangulation risk.

(Pediatrics, October 2016 from American Academy of Pediatrics Policy Statement)



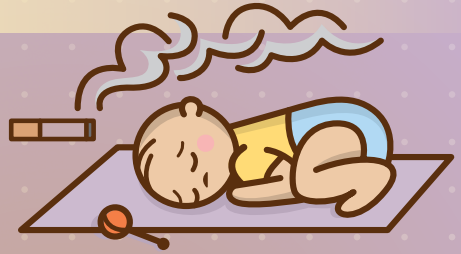
Consider offering a pacifier at nap time *if* permission is received from parents or caregiver.

No leaving baby
in car seat for
extended periods
of time



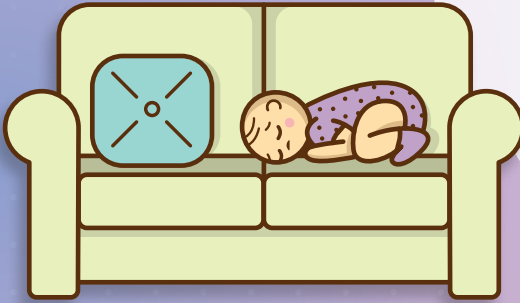
The Big No-Nos

for Childcare providers



No smoking in
the home

No leaving
baby in swing or
hammock once
falling asleep



No baby on a couch

No baby on an air mattress or a feeding pillow (e.g. boppy)



No stuffed animals or toys in the crib





Be a part of the safe sleep conversation.

You become part of their family...

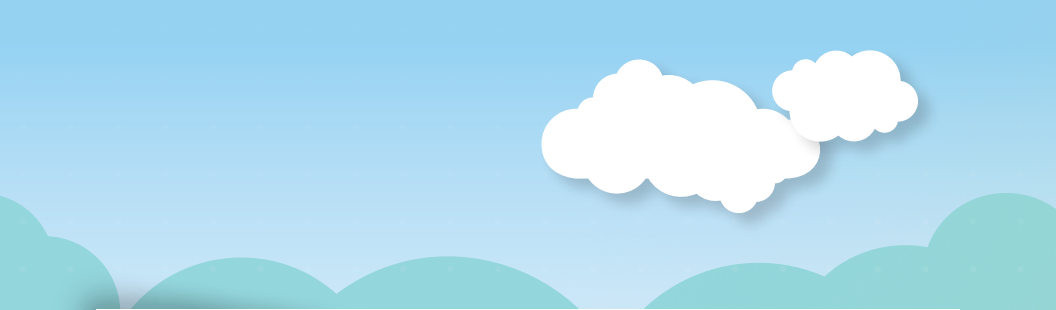
An infant is at highest risk for SIDS and SUIDS at around three or four months of age, a time when mothers return to work full-time, making it necessary for them to use child care. It is a time of emotional transition for families as parents, who are used to caring for their infant themselves, must now entrust someone else to take care of their child.

Open & transparent is best

We encourage you to initiate non-judgemental conversations with families who choose you to care for their infant. Be open to parents' questions, and be clear with them about the sleep practices you follow, and how you plan to ensure their children sleep safe.

Conversations with parents:

- Invite parents to inspect areas where you will put their infants to sleep
- Review your written safe sleep policy with them and ask if they have questions about your policy
- Have parents describe baby's sleep habits and ask if they have any other concerns about their sleep habits
- Provide parents with the crib or playpen model information where infants sleep

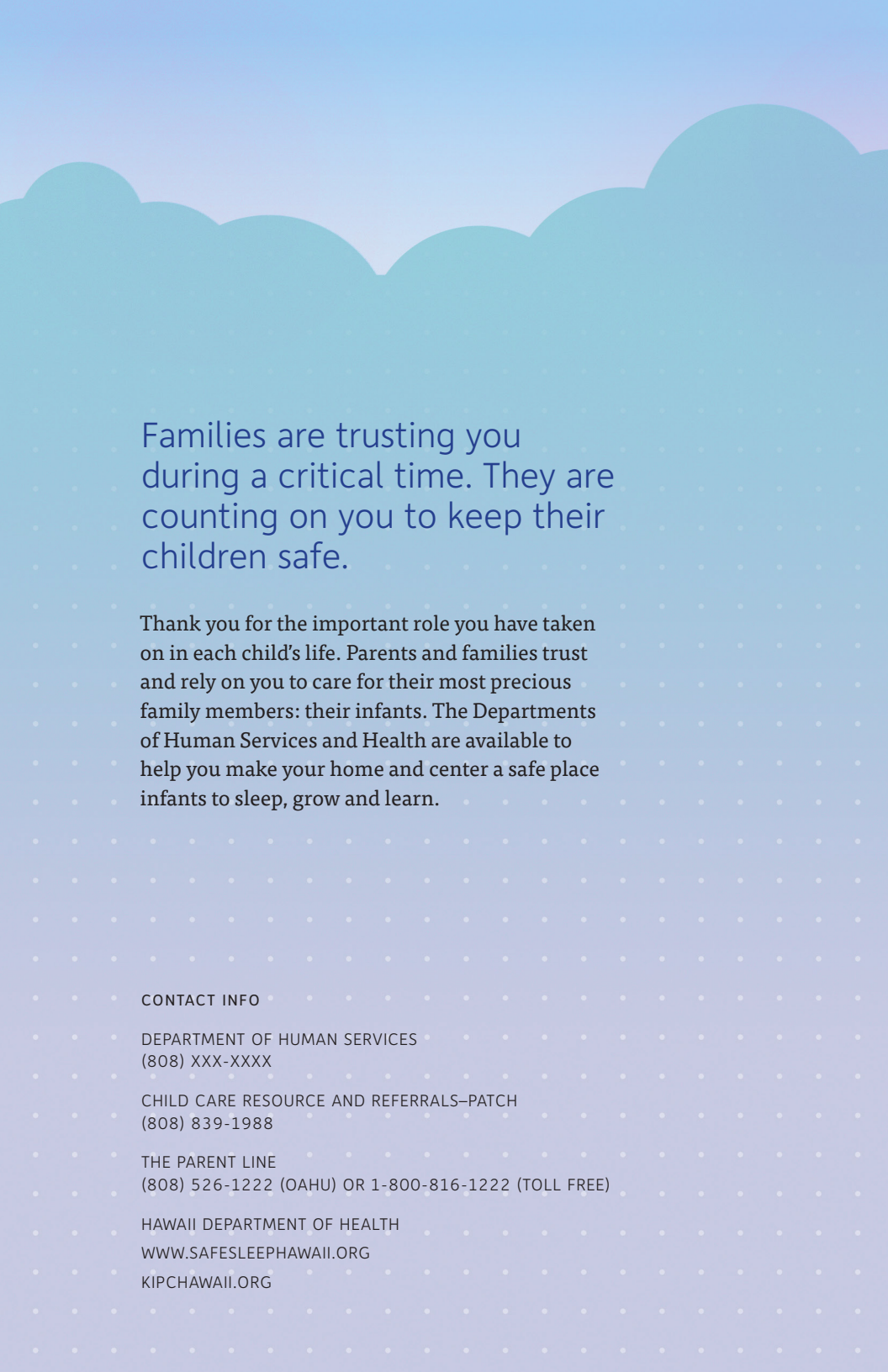


*Don't let a preventable
infant death happen under your watch...*

To put it simply: this is about life and death. Unsafe sleep environments and sleep positioning can kill a child. I know this because my sweet, healthy, robust, baby boy passed away in an unsafe sleep environment at his day care. He was a day shy of 4-months old, and she was a trained, licensed provider who knew better. Parents are trusting you with their most vulnerable, most precious, and you as a care provider have the knowledge and the power to keep children safe and protect families from such an unthinkable tragedy. If you meet parents that say it's ok for their baby to sleep on its belly - you have both the opportunity and the responsibility to teach them why that is unacceptable. This is not about how things used to be, or how many other children a person has raised, or how many other babies sleep just fine like that.

The poor choice our day care provider made resulted in our son Wiley's death. Make the right choice: provide safe sleep environments and safe sleep positioning, and ensure that the children you care for thrive.

– The King 'Ohana



Families are trusting you during a critical time. They are counting on you to keep their children safe.

Thank you for the important role you have taken on in each child's life. Parents and families trust and rely on you to care for their most precious family members: their infants. The Departments of Human Services and Health are available to help you make your home and center a safe place infants to sleep, grow and learn.

CONTACT INFO

DEPARTMENT OF HUMAN SERVICES
(808) XXX-XXXX

CHILD CARE RESOURCE AND REFERRALS-PATCH
(808) 839-1988

THE PARENT LINE
(808) 526-1222 (OAHU) OR 1-800-816-1222 (TOLL FREE)

HAWAII DEPARTMENT OF HEALTH
WWW.SAFESLEEPHAWAII.ORG
KIPCHAWAII.ORG