Driver:

Health care professionals understand, actively endorse and model safe sleep practices Albany Medical Center - Safe Sleep Crib Card







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Safe Sleep Readiness:

- 32 weeks or greater corrected gestational age.
- In room air or on nasal cannula/high flow nasal cannula.
 - No congenital anomalies of the face, skull or airway (collaborate with provider).
 - Collaborate with provider if infant is on IV fluids.

Guidelines:

- Baby always sleeps supine.
- No blanket rolls, loose bedding or stuffed toys.
- Head of bed flat (elevate HOB during and for 1 hour after, tube feeding).
- "Tummy time" should be directly supervised and done only while infant is awake.
 - "Reflux precautions" are not indicated.

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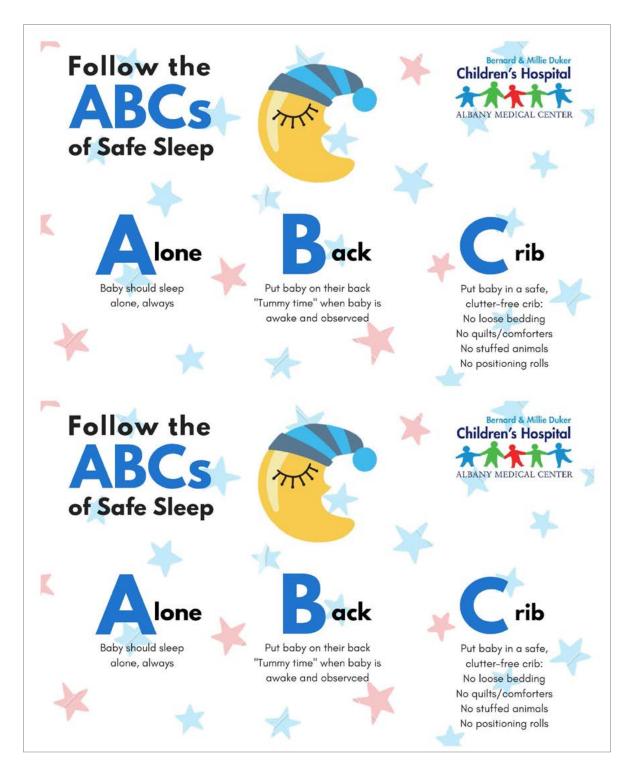


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INFANT SAFE SLEEP IN THE BIRTHING HOSPITAL

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Follow the R **Criteria to begin Safe Sleep:** Infant is greater than 32 weeks corrected gestational age. of Safe Sleep Infant is stable on room air or a low flow nasal cannula Infant has no congenital anomaly or neurological impairment requiring special positioning (e.g. micrognathia, myelomeningocele) Infant is on full feeds (oral or gastronomy) **Transition to Safe Sleep Environment:** Transition occurs based on developmental maturation Once infant reaches 50% oral intake, head of bed needs to be flat after each oral feed Once infant maintains temperature for 24 hours after being weaned from heat, the infant should be swaddled with one blanket OR Swaddled with commercial sleep sack (i.e. Zaks) Bernard & Millie Duke Hats should not be used during sleep once thermoregulation is achieved Children's Hospital No additional blankets or positioning rolls should be used ALBANY MEDICAL CENTER Follow the Criteria to begin Safe Sleep: Infant is greater than 32 weeks corrected gestational age. of Safe Sleep • Infant is stable on room air or a low flow nasal cannula Infant has no congenital anomaly or neurological impairment requiring special positioning (e.g. micrognathia, myelomeningocele) Infant is on full feeds (oral or gastronomy) Transition to Safe Sleep Environment: Transition occurs based on developmental maturation Once infant reaches 50% oral intake, head of bed needs to be flat after each oral feed • Once infant maintains temperature for 24 hours after being weaned from heat, the infant should be swaddled with one blanket OR Swaddled with commercial sleep sack (i.e. Zaks) Bernard & Millie Duker • Hats should not be used during sleep once thermoregulation is achieved Children's Hospital No additional blankets or positioning rolls should be used ALBANY MEDICAL CENTER





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