

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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Albany Medical Center - Safe Sleep Club

Follow the ABCs of Safe Sleep

Alone
Baby should sleep alone, always

Back
Put baby on their back
"Tummy time" when baby is awake and observed

Crib
Put baby in a safe, clutter-free crib:
No loose bedding
No quilts/comforters
No stuffed animals
No positioning rolls

Bernard & Millie Duker
Children's Hospital
ALBANY MEDICAL CENTER

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Criteria to begin Safe Sleep:

- Infant is greater than 32 weeks corrected gestational age.
- 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)
- Hats should not be used during sleep once thermoregulation is achieved
- No additional blankets or positioning rolls should be used

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