

The ABC's of Safe Sleep For Child Care Providers



Infants should be laid on their backs on a firm mattress in a crib, free and clear of any items.

Have all staff been properly trained on Safe Sleep practices? If so, how?

All adults caring for children must know safe sleep practices. Child Care Resource & Referral (CCR&R) offers [Back to Sleep - Tummy to Play: Reducing the Risk of SIDS While Promoting Active Tummy Time](#), a training developed by the director of the Iowa Sudden Infant Death Syndrome (SIDS) Foundation. Please contact a Child Care Consultant for more information.



Ask Yourself...

Remember...

Best Practices...

What items will be placed in the sleeping area?



Alone

Do not put blankets, pillows, loose bedding or toys in the crib. Only use safe sleep sacks to keep a baby warm as infants have a higher body temperature than adults.

How will you lay the infants down to sleep in your care?



Back

For the safest sleep, always place infants on their backs.

Where will the infants sleep for rest time?



Crib

A crib is best. Infants should not be laid on a couch or chair alone or with an adult to sleep.

More information about Safe Sleep can be found:

1. Centers for Disease Control and Prevention. "Sudden Infant Death Syndrome (SIDS) - Information for Parents and Caregivers." CDC, www.cdc.gov/sids/parents-caregivers.htm.
2. Child Care Resource & Referral. "What does a safe sleep environment look like?" Handout. www.iowaccrr.org.
3. Iowa Sudden Infant Death Syndrome Foundation. Iowa SIDS website. www.iowasids.org.

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Have you talked to everyone who will be taking care of your child about Safe Sleep practices?

All caregivers should be aware of safe sleep practices when caring for children. It's important to understand the best practices to reduce the risk of Sudden Infant Death Syndrome (SIDS) and to promote safe sleeping environments for infants and young children.

Ask Yourself...

What items will be placed in the sleeping area?

How do you lay your baby down to sleep?

Where do you lay your baby down for sleep or nap?

Remember...



Best Practices...

Alone

Don't use blankets, pillows, or loose bedding for your baby. Only use safe sleep sacks if you're worried about your baby being cold. Remember, an infant's body temperature is higher than an adult's.

Back

For the safest sleep, always place infants on their backs.

Crib

A crib is best and can be moved to the parent's bedroom. Co-sleeping (laying an infant in an adult bed with an adult) is not recommended, and infants should not be laid on a couch or chair alone or with an adult.