



HILDEBRANDT LEARNING CENTERS, LLC SAFE SLEEP POLICY AND ACKNOWLEDGEMENT

Hildebrandt Learning Centers strives to meet Best Practice Standards for child care at all times. The safety of your infant is paramount while in the play space but also while napping. The following information explains the Safe Sleep Policy that Hildebrandt Learning Centers adheres to:

- All infants (any child under twelve months of age) are to be placed to sleep on their backs on a firm surface manufactured for sale as infant sleeping equipment that meets the standards of the United States Consumer Product Safety Commission. Cribs may not have any missing, loose, broken, cracked or improperly screwed brackets or other hardware on the crib or mattress support. There should be no more than 2-3/8 inches between slats. Headboards and footboards may not have any cutouts and the cribs corner posts may not exceed 1/16 inch, which could catch onto a baby's clothing. Mattresses must fit snugly with no more than 1/4 inches between the mattress and the side of the crib. The minimum height from the top of the mattress to the top rail of the crib shall be no more than 20 inches for infants able to stand or pull themselves up.
 - If a physician determines that a child under twelve months of age may be placed to sleep in any position other than his back, a doctor's note must be provided to the Center Director to comply with this practice.
 - Only one infant will be placed in each crib.
 - Cribs and mattresses shall be cleaned and sanitized weekly, unless otherwise noted, or if needed by another child for sleep.
- Infants may not sleep in a car seat, swing or other infant equipment. Should an infant arrive to the center sleeping in a car seat, the child must be removed and placed in his crib as stated above. Should an infant fall asleep in a piece of infant equipment, the child is to be immediately removed and placed in his crib as stated above.
- Pillows, quilts, comforters, blankets, flat sheets, sheepskins, stuffed toys, and other soft items are not allowed in cribs or in rest equipment for infants younger than twelve months of age. Bedding made of animal materials is prohibited (i.e. wool, down). Wedges or other positioners may only be used with a physician's written authorization.
 - Mobiles or other types of play equipment designed to be attached to any part of the crib are not permitted in cribs.
 - The only item that can be placed in the crib is a pacifier. The pacifier may not be attached to an infant or the child's clothing with a ribbon or clip, etc.
 - One piece sleepers and sleep sacks are permitted.
 - A blanket may be held by the teacher or infant while rocking the child to sleep, but may not be placed in the crib.
- Infants wearing bibs, necklaces, and garments with ties or hoods must have the items or articles of clothing removed prior to sleep.
- Infant teachers should monitor the classroom temperature to ensure that infants are not overheated or perspiring and dressed comfortably for sleep. The minimum temperature for the center classrooms is 65°F and the maximum temperature is 85°F.
- Swaddling of an infant is appropriate when consent is provided by the child's physician. The physician's written consent is applicable until the point that the infant is able to roll from back to belly, belly to back. If swaddling past this stage is requested, an additional doctor's consent will be required and need to be updated at each well visit.
 - Only commercial swaddle wraps will be accepted due to the inability for the center to use blankets in cribs.
 - When an infant is swaddled, the wrap may not be too tight (must be able to easily fit two fingers between the infant and the swaddle wrap) or wrapped higher than the infant's shoulders.
- After being placed in the crib on his back, an infant who is capable of easily rolling over from their back to their stomach, as well as from their stomach to their back, may do so. Infants who roll independently will have this information marked on their supervision card.
- As a daily practice prior to placing a child into a crib with an adjustable side, teachers will ensure that the sides are in a locked position.
- Infants are to be directly observed by sight and sound at all times, including when they are going to sleep, are sleeping, or are in the process of waking up. The lighting in the room must allow for the teacher to see each infant's face to view the color of the infant's skin and to check on the infant's breathing and placement of the pacifier (if used).

SWADDLING CONSENT

Child's Name: _____

Swaddling of the child listed above is permitted per the physician signature below until the child is able to roll. Swaddling beyond this developmental stage will be documented by the physician.

Physician's Printed Name

Date

Physician's Signature

Date

SAFE SLEEP ACKNOWLEDGEMENT

Child's Name: _____

I acknowledge that my child will be placed to sleep on his/her back in a crib when napping.

Parent / Legal Guardian Name

Date

Parent / Legal Guardian Name

Date

Sleep Sack Examples



Available at Target, Walmart, Babies R Us, etc - \$12.99 and up



For Early Walkers – Target, Walmart, Babies R Us, etc - \$19.99 and up

Safe Swaddler Examples – *MUST have Physician Signature*



Available at Target, Walmart, Babies R Us, etc - \$15.99 and up

Any type of zip up pajama-type outfit may also be used.