

MTJB Safe Sleep Policy

Creating a safe sleep environment for all the children in our care is an obligation which we take seriously. For infants less than 12 months' age regulated sleep supervision will lower the risk of injury and sudden infant death syndrome (SIDS). SIDS is when an otherwise healthy infant dies suddenly and unexpectedly while sleeping. With SIDS, there is no known cause, even after a full investigation, including full autopsy. For children older than 12 months regulated sleep supervision will monitor changes in sleeping behaviour and change in health conditions (i.e. the onset of fever)

All child care staff, volunteers and students will receive training on how to implement our MTJB Safe Sleep Policy. The Program Manager/Supervisor will review the policy with staff annually or when changes are made to the policy; staff members will sign a statement saying they received training and have reviewed the policy.

All parents/guardians will be advised of our obligation to MTJB Safe Sleep practices. Families will receive a written copy of the MTJB Safe Sleep Policy. Families of infants will receive a "Safe Sleep for your Baby" Brochure and will complete and sign an "MTJB Infant - Safe Sleep" Form before enrollment.

According to the Child Care Early Years Act 33.1(1) Every licensee shall ensure that a child who is younger than 12 months who receives child care at a child care centre it operate is placed for sleep in a manner consistent with the recommendations set out in the document entitled "Joint Statement on Safe Sleep: Preventing Sudden Infant Deaths in Canada", published by the Public Health Agency of Canada, as amended from time to time, unless the child's physician recommends otherwise in writing. O. Reg. 126/16, s.

23. (2) ...if child care is provided for a child that regularly sleeps at a child care centre...the following practices will be adhered to.

Safe Sleep Practices Infants:

1. Infants will always be placed on their backs to sleep to reduce the risks of SIDS, unless there is an Alternate Sleep Position Waiver- Health Care Professional Recommendation signed by the child's medical professional in the infant's file. A copy of the waiver notice will be posted at the infant's crib/cot.
2. When babies can easily tum over from the back to the stomach, they will be placed to sleep on their backs and then allowed to adopt the sleep position they prefer.
3. Sleeping infants will have direct visual checks, at or before 20 minutes, by assigned staff being physically present beside the child. We will ensure there is sufficient light in the sleeping area or room to conduct direct visual checks of each sleeping child. The sleep information will be recorded in the Child Care Management App on the child's daily report. The Sleep Checks will be kept in the child's electronic Child Care Management App file for three years after the reporting month.
4. Staff will reduce the risk of overheating by not over-dressing or over-wrapping the infants. Infants will not be swaddled; this can increase the risk of serious health outcomes (SIDS).
5. If three or more infants are sleeping, the caregiver will remain in the sleep area.
6. Infants sleep is based on each child's individual needs.
7. Parents/guardians will state their sleep preferences in writing at the time of registration and if changes in sleeping patterns occur. This information will be posted near the crib/cot.
8. We will perform direct visual checks of the child; infants 20 minutes or less.

Staff members watch for:

- Indicators of distress or unusual behaviours.
- Normal skin colour.
- Normal breathing by watching the rise and fall of the chest (Placing your hand just over the child's chest, but not touching).
- Signs of overheating: flushed skin color, increase in body temperature (touch the skin), and restlessness.
- Staff will communicate the observance of any significant changes in a child's sleeping patterns or behaviours during sleep through the Child Care Management App or at pick up time. Sleep checks for each infant will be

retained in the child's electronic Child Care Management App file for 3 years.

Safe Sleep Environment Infants:

1. No loose bedding, pillows, or bumper pads will be used in cribs/ on cots. Parents may choose to use a sleep sack instead of a blanket.
2. Pacifiers without cords will be allowed in infants' cribs/on cots while they sleep.

Safe Sleep Environment: all children in our care:

1. Children will be assigned an individual crib/cot that meets the regulations made under the Canada Consumer Product Safety Act. Safety-approved cribs with a firm mattress and tight-fitting sheet will be used.
2. Cribs/cots will be placed away from unsecured window blinds or draperies, lamps, appliances, or anything else that can hurt a child.
3. Each child sleeping will have their own crib/cot labeled with their name. Only one infant will be in a crib at a time, unless Parents of twin infants request that they share a crib. Also, we may have several infants in one specific Evacuation Crib if we are evacuating infants in an emergency.
4. An infant who arrives asleep in a car seat or falls asleep in a swing, a stroller, or a lounge seat will be moved to a crib unless otherwise written on their Infant Safe Sleep Form.
5. Should an infant be asleep during their feeding times, parents will state on their Infant Safe Sleep Form whether a

Child Care Provider is to wake the infant or feed them when they get up. Infants will not sleep with a bottle.

I, the undersigned parent/guardian of (child's full name)

_____ do hereby state that I have read and received a copy of the MTJB Infant Safe Sleep Policy and that the MTJB staff member has discussed the Infant Safe Sleep Policy with me. I understand that this Policy is effective immediately.

Date of Child's Enrollment: _____

Signature of Parent /Guardian: _____ Date: _____

Signature of Staff Member: _____ Date: _____

Distribution: A copy of the signed document will be given to parent(s)/guardian(s) of infants and one copy will be kept in Childs file. This policy is outlined in the parent handbook.