

# CHILD CARE PROVIDER FACT SHEET



## Reduce the Risk of Sudden Infant Death Syndrome (SIDS)

1. Place all babies (birth to 12 months) on his or her back to sleep, at nighttime and naptime.

- Unless the baby has a note from a health care provider specifying otherwise, infants should be placed in a supine (back) position for sleeping to lower the risk of sudden infant death syndrome (SIDS).
- Have “tummy time” when baby is awake and someone is watching.



2. If using a blanket, place baby with his or her feet at the foot of the crib. Tuck a thin blanket around the crib mattress, only as far as the baby’s chest (as shown in photo).

3. Create a safe sleeping environment:

- Remove pillows, quilts, comforters, sheepskins, stuffed toys, bumper pads and other soft products from the crib.
- Place baby on his or her back on a firm, tight-fitting mattress and sheet in a crib that meets current safety standards. (Refer to North Dakota Rules and Regulations.)

- Contact the U.S. Consumer Product Safety Commission at 800.638.2772 or [www.cpsc.gov](http://www.cpsc.gov) for crib safety standards.

4. **DO NOT** place baby on a soft surface such as a waterbed, sofa, soft mattress, bean bag or pillow or in a positional device such as a car seat, swing or bouncy chair to sleep. If the baby should fall asleep on or in any of the above, remove baby and place on his or her back in a crib to sleep.

5. Smoking is not permitted in any licensed child care setting. (Refer to North Dakota Rules and Regulations.)



6. **DO NOT** allow babies to share a crib, even if they are siblings or twins.

7. Make sure the baby’s head remains uncovered during sleep.

8. **DO NOT** let the baby get too warm. Maintain a constant temperature in the room, 65 to 70 degrees Fahrenheit.

- Dress the baby in a diaper, shirt and sleeper; no hat and no extra clothing while inside.

- Use only one blanket during sleep.

9. Never use positioning devices, pillows or rolled blankets unless a health care provider indicates a need for them in writing.

### **Implement a Policy on Sleep Position for Babies**

- Share your policy with parents who are looking for infant care.
- Put your policy in writing and provide a copy to parents.
- Inform all staff, including substitutes and volunteers, of your policy on their first day of employment.

### **Emergency Procedures for an Unresponsive Infant**

1. Perform CPR for about one minute.
2. Dial 911 or your local emergency number.
3. Resume CPR until relieved by another adult certified in CPR.
4. Calm the other children and remove them from the area.
5. Call the infant's parents first, then call the parents of the other children.
6. Call your licensing agency.
7. As much as possible, leave undisturbed the area where the baby was found. Do not clean or tidy anything in the room until the investigators tell you it is okay to do so.

### **If an Infant Dies While in Your Care**

1. Inform the parents of the other children in your care that an emergency occurred and offer them information about children and grief. Information is available from the resources listed on the right.
2. Talk with your staff and offer support and information about SIDS and grief as it affects child care providers.

3. Be prepared to give information to investigators, such as:
  - The last time and place the infant was seen alive, and by whom.
  - The time, position and condition of the infant when found, and by whom.
  - The infant's last feeding.
  - Any observations regarding the infant's behavior.
  - Investigative personnel may collect for analysis items belonging to or surrounding the baby (such as the last soiled diaper, the bedding or other crib materials last used by the baby, etc.).
4. You will be contacted by the North Dakota SIDS Management Program for support.

### **If Interested in Additional Information About SIDS or Grief, Contact the Following:**

North Dakota Department of Health  
SIDS Management Program  
600 East Boulevard Avenue, Dept. 301  
Bismarck, N.D. 58505-0200  
800.472.2286, Press 1; or 701.328.4464  
[www.ndmch.com](http://www.ndmch.com)

National SIDS Resource Center  
2070 Chain Bridge Road, Suite 450  
Vienna, Va. 22182  
703.821.8955  
E-mail: [sids@circlesolutions.com](mailto:sids@circlesolutions.com)  
[www.sidscenter.org](http://www.sidscenter.org)

National SIDS & Infant Death  
Program Support Center  
1314 Bedford Avenue, Suite 210  
Baltimore, Md. 21208  
800.638.7437  
[www.sids-id-psc.org](http://www.sids-id-psc.org)

