

## **GIRLS CLUB OF GREENFIELD**

35 Pierce St.  
Greenfield, MA 01301

### **INFANT/TODDLER SLEEP & SUPERVISION POLICIES**

In order to protect the health and welfare of children and in keeping with the intent of regulations regarding SIDS risk reduction practices, every infant twelve months of age or younger must be placed on his/her back for sleeping, unless the children's health care professional orders otherwise in writing.

In addition, no child under 12 months of age shall be napped in a crib, swing, car seat, bassinet, portacrib or playpen containing pillows, comforters, stuffed animals or other soft, padded materials. This includes children that have fallen asleep in any of the aforementioned items. They must be placed in cribs.

No child shall be confined to a swing, high chair, crib, playpen or any other piece of equipment for an extended period of time in lieu of supervision.

The crib should be safety approved with slats spaced not more than 2 3/8" apart. The sides must always be up and locked when child is in crib. The firm mattress should be a snug fit for the crib. The space between the mattress edge and crib frame should not be more than the width of 2 adult-sized fingers and the mattress should have a tight-fitting sheet. Bumper pads should **not** be used. Blankets should be positioned according to the "feet to foot" rule meaning infants should be placed with their feet at the headboard or footboard of the crib and the blanket should be placed over the child no higher than their breastbone with the blanket tucked in on the sides and bottom of crib. **At no time** should the blanket be covering or near the face.

Swaddling should only be done for newborns. Once an infant is able to escape the swaddle, it should be discontinued, as it is then unsafe.

The teacher should always place the infant on her/his back initially but for infants that can roll over on their own, repositioning on their backs is unnecessary.

Teachers should not disrupt their program activities if an infant falls asleep while outside, along as they are safely in a stroller or back-pack. Teachers should take care not to over-bundle children in the winter or overheat children in the summer.

Infants and Toddlers will be supervised within sight AND sound at all times, including when children are sleeping.

**The Girls Club will train staff to follow these policies and provide a copy to parents.**