

## Infant Safe Sleep

Mechanicsburg Learning Center adheres to the following safe sleep practices in our infant room.

*\*All infants will be placed on their back to sleep in their cribs until they are 12 months of age.*

### Cribs

- Our cribs have see-through sides so that infant teachers can appropriately supervise babies while they are sleeping.
- Babies cannot have anything in their cribs while they sleep (bibs, soft toys, blankets). We do not want anything in the crib that could inadvertently block a child's airway. We do allow pacifiers, although if it falls out of a baby's mouth, we take it out of the crib.
- Mattresses are firm and sheets must fit snugly.
- In our center, babies only sleep in cribs. If babies fall asleep elsewhere, they are placed promptly in their own designated crib.

### Safe Sleep

- The safest sleeping position for babies is on their back because many babies can roll from their back to their stomach but haven't developed the skills to roll onto their back again. Once babies have mastered rolling both ways, they can sleep in whatever position they wish.

### Crib Tags

- Each baby has their own crib with a crib tag (the crib tag has their name and picture on it). The name tag also notes whether a baby can roll over, which alerts staff about where children are in their physical development.

### Sleep Clothing

- Teachers do not change a baby's clothes at naptime. So, parents must ensure their child is dressed appropriately for sleep.
- We allow children to be swaddled to sleep until they are able to roll on their own or at four months of age (whichever comes first).

### Sleeping Environment

- Classroom lights are always kept on ensuring that teachers can appropriately supervise infants who are awake and sleeping.