



Safe Sleep Policy

The outlined practices below will be followed at the YMCA Daycare to promote safe sleep for infants. These practices aim to reduce the risk of SIDS. NYS Regulations and the American Academy of Pediatrics advise:

- Infants up to twelve months should be placed for sleep on their back. Once an infant is able to roll over they do not need to be repositioned if they roll onto their tummy.
- Infants should be placed for sleep in safe sleep environments: which include a firm mattress covered by a tight fitting sheet in a safety approved crib/pack and play.
- If an infant arrives at the facility asleep in a car seat the parent/guardian or caregiver should immediately remove the sleeping infant from this seat and place them on their back in their crib.
- Infants cannot sleep in a bouncy chair, infant seat, swing, highchair or on the floor. If an infant falls asleep in any place that is not a safe sleep environment, staff must immediately move the infant and place them on their back in the crib.
- Loose clothing is discouraged (hoods, large non-fitting clothing). No items may be in the crib (blankets, stuffed animals, etc.).
- Swaddling is not allowed nor recommended (sleep sacks are allowed).
- Daily supervised “tummy time” will occur to aid in strengthening infant muscles and reducing the risk of flat spots on the head.

If you have any questions or concerns, please feel free to speak with the Director or Lead Teachers in the classroom.