



Frequently Asked Questions on Safe Sleep for Children in Missouri Licensed Child Care Facilities

Important Notice

All children less than one (1) year of age must be placed on their backs to sleep.

Q. What is an “approved” crib?

A: Any piece of sleep equipment used must meet the U.S. Consumer Product Safety Commission (CPSC) and ASTM (formerly the American Society for Testing and Materials) International safety standards. The Section for Child Care Regulation (SCCR) inspects cribs for compliance. A crib must have a firm mattress. The mattress must have a tight-fitting sheet. Bumper pads may not be used. To learn more about crib safety go to <http://www.cpsc.gov/cribs>.

Q: Can I use a bassinet or cradle?

A: No. Licensing rules do not allow for the use of bassinets or cradles in child care settings. Child care providers can only use an approved crib or playpen for children less than one (1) year of age.

Q: If an infant falls asleep in a swing, is it okay to leave him/her there?

A: If an infant falls asleep in a swing, the infant **must** be moved to a crib or playpen for the remainder of his/her nap or sleep time.

Q: What should a caregiver do if a parent drops off an infant in a car seat and says that the infant just fell asleep? Does the caregiver have to remove the infant’s outerwear and move the infant to a crib?

A: If a parent drops off an infant in a car seat, that infant must be moved to a crib or playpen. The caregiver must assure that the infant is not dressed too warmly for the indoor environment, which may require removing outdoor clothing.

Q: Can I use a bouncy seat or a swing for sleeping infants?

A: No. Child care providers can only use an approved crib or playpen for sleeping infants. Child care providers cannot use bouncy seats, car seats, swings, or any other sleeping device for sleeping infants.

Q: If an infant rolls over on their own, should the caregiver re-position the infant on their back?

A: All children who are less than 12 months old must be placed on their backs to nap/sleep. Once infants can easily roll over from their stomachs to their backs and from their backs to their stomachs, the infant must initially be placed on their back, but can be allowed to adopt whatever position they prefer for sleep. However, infants who are unable to roll from their stomachs to their backs and from their backs to their stomachs must be placed on their backs when found face down.

Q: What should a caregiver do if a parent brings in a special sleep toy?

A: The caregiver must share the facility’s safe sleep policy which prohibits stuffed animals or other soft padded material in cribs. Cribs, portable cribs and playpens must be free of soft objects, loose bedding or any object that can increase the risk of entrapment, suffocation or strangulation. Examples include bumper pads, pillows, quilts, comforters, sleep positioning devices, sheepskins, blankets, flat sheets, cloth diapers, bibs, pillow-like toys, wedges, infant positioners, special mattresses, special sleep surfaces, and other similar items.

Q: What if an infant uses a pacifier to go to sleep?

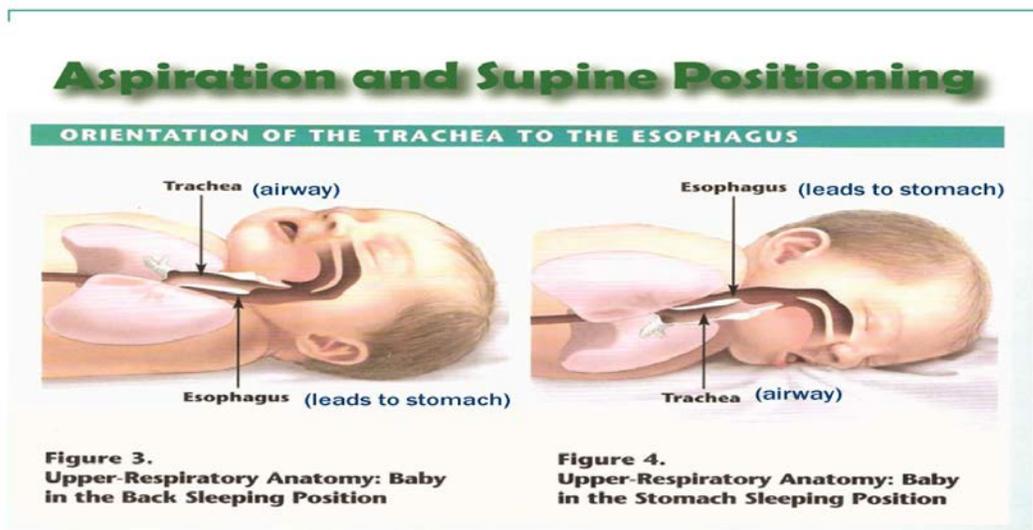
A: Use of a pacifier can help reduce the risk of Sudden Infant Death Syndrome (SIDS). The caregiver may offer the pacifier to the infant while placing them in a crib or playpen to sleep, if part of the *Infant and Toddler Feeding and Care Plan*. The pacifier should not have cords or attachments that might be a strangulation risk.

Q: What should caregivers do when an infant falls asleep while they are outside?

A: The caregiver must place the infant in an approved crib or playpen to sleep.

Q: Will an infant choke if he spits up while lying on his back?

A: When an infant is on his/her back, the airway (trachea) is on top of the esophagus (the tube that carries food). If a baby spits up while on his/her back, the food and fluid run back into the stomach and not to the lungs.



Q. What type of blanket may be used for children less than one year of age?

A. SCCR has aligning its rules with the latest research and recommendations of the American Academy of Pediatrics (AAP), which recommend children be placed in a crib free of loose bedding. Blankets or other soft or loose bedding not be hung on the sides of cribs or put under the fitted sheet. Only sleep clothing that is designed to keep an infant warm without the possible hazard of covering the head or face may be used during sleep or nap time.

Q: If I can't use blankets, what do I do if a mother wants her infant swaddled?

A: Only sleep clothing that is designed to keep an infant warm without the possible hazard of covering the head or face may be used during sleep or nap time. An infant must not be overdressed when sleeping, to avoid overheating. Sleep clothes designed as wearable blankets, such as sleeps sacks, sleep sacks with a swaddle attachment, and swaddle wraps are acceptable alternatives to blankets for infants when they are sleeping.

Note: The Velcro on swaddle sacks and swaddle wraps must be attached securely and must be inspected every time the infant is checked while sleeping.

The following are examples of wearable blankets, such as sleep sacks, sleep sacks with a swaddle attachment, and swaddle wraps that may be worn by infants while sleeping.

Sleep Sack



Sleep Sack with Swaddle Attachment

Note: The swaddle attachment for the sleep sack must be properly attached (Velcro) to the sleep sack prior to use.



Swaddle Wrap



Sleep Sack without Arms

