I. PURPOSE

To provide the methodology for safe sleep positioning and environment for infants including newborns to 1 year of age in accordance with the 2011 recommendations of the American Academy of Pediatrics in all well newborn, PICU, and pediatric areas.

II. POLICY

A. Positioning

1. An infant is placed on his/her back for every sleep.
   
   • A physician’s order is required to place the infant in any other position.

2. The infant is not positioned on his/her side. Rolled blankets, rolled diapers and other positioning devices are not used.

3. The head of the bed is not elevated. Only in rare cases and with the direction of the medical team will the head of the bed need to be elevated. It will not be elevated routinely for infants with suspected gastroesophageal reflux.

4. Once the infant can roll from supine to prone and prone to supine, he/she is still placed in the crib on his/her back but may remain in the position they assume once asleep.

5. If the infant is swaddled, the blanket is not placed above the infant's shoulders.

B. Environment

1. The infant is placed in a crib or bassinet for sleep.

2. Infants are not placed on couches or chairs or in infant carriers, car safety seats, strollers, swings, or bouncy seats (exception: car seat trial, which includes monitoring) for sleep. These items are not to be placed in the crib with an infant. If the infant falls asleep in such a device, they are to be removed from the device and moved immediately to a crib or bassinet.
Safe Sleep Positioning and Environment for Infants up to 1 year of age

<table>
<thead>
<tr>
<th>Section C</th>
<th>Policy 119</th>
</tr>
</thead>
<tbody>
<tr>
<td>Developed 02/2012</td>
<td>Reviewed</td>
</tr>
</tbody>
</table>

3. Bed-sharing is prohibited for sleep. This includes bed-sharing with caregivers as well as with older siblings or same-aged sibling(s) in the case of multiple births.

4. Devices such as in bed co-sleepers are not used.

5. The crib or bassinet should have a firm sleep surface with a well-fitted mattress so there are no gaps between the mattress and the sides of the crib or bassinet.

6. Only a well-fitted sheet is to be used on the mattress. If the mattress needs to be protected from wetness, a thin, tightly-fitted mattress cover is used.

7. Soft materials are not placed under or in the crib/bassinet with the infant, even if they are covered by a fitted sheet. These include: pillows, quilts, comforters, sheepskins, loose bedding, pillow-like toys, plush toys, and Chucks pads.

8. Bumper pads are not used.

9. Medical equipment and infant supplies are not stored in the sleeping area. This includes but is not limited to thermometers, suction bulbs/catheters, stethoscopes, any loose wiring or tubing, TV remotes/nurse call buttons, bottles, formula, diapers, wipes, clothes, toys, and small items like syringe caps that the older infant may aspirate. A storage container is provided at the foot of the crib or bassinet for those items.

10. Avoid overheating and over bundling.

11. Encourage family members to prevent exposure of the infant to second-hand smoke.

C. Other

1. Encourage mothers to exclusively breastfeed.

2. Consider offering a pacifier at bedtime and nap time if the baby accepts one, if breastfeeding is well established and that is the caregiver’s preference. The pacifier is not held in place with a blanket or other device and is not replaced if it falls out of the sleeping infant’s mouth. Pacifiers will not have strings, toys, or other devices to attach to the infant’s clothing.
3. Supervised, awake tummy time is recommended.

4. Health care professionals will model and teach safe sleep techniques to families.

5. Only educational handouts or posters regarding infants that demonstrate a safe sleep position and safe sleep environment may be used.

Further Information:


http://www.firstcandle.org/modelbehavior/docs/WBU_booklet1.pdf

Obstetric/Neonatal Policy Manual: Policy D19 – Safe Sleep Positioning and Environment for Infants Up to 1 Year of Age