



Safe Sleep and Staff Training Procedure

Performance Standards and Regulations

EHS/HS: 1302.81, 1302.47

WAC: 110-300-0106

Purpose

Safe sleep practices help reduce the risk of sudden unexpected infant deaths (SUIDS), including sudden infant death syndrome (SIDS), suffocation and other deaths that may occur when an infant is in a crib or asleep. Safe sleep training for program staff, and continued education for families, are critical to reduce the risk of sudden unexpected deaths.

Procedure

Staff Training

All Early Learning staff complete the Department of Children, Youth, and Families (DCYF) approved infant safe sleep training within 90 days of hire, annually, and prior to working in an unsupervised capacity with children.

Center Based Care-Safe Sleep Procedures

Cribs and bedding must meet childcare licensing regulations. To reduce the risk of SIDS, all infants are placed on their back to sleep unless there is written documentation from both parent/guardian and health care provider that a different position is necessary.

Safe Sleep Information for Parents/Guardians

Within 30 days of enrollment, staff working with infants and toddlers will provide each family with Safe Sleep information. *Safe Sleep for Your Baby* information [Caregivers & Families | Safe to Sleep \(nih.gov\)](#) is provided by the National Institute of Child Health and Human Development and sponsored by the Back to Sleep Campaign. All families regardless of the age of the child will be given Safe Sleep Information. Program staff will discuss with the parent/guardian the main points of the brochure, what is Safe Sleep and steps to reduce the risk of SIDS related death. Additional Information may be provided.

Additional Information: [Homepage](#) | [Safe to Sleep \(nih.gov\)](#)

Resource: Caring for Our Children-4th Edition