



MASSACHUSETTS
**Department of
Early Education and Care**

SAFE SLEEP: PARENT AND HEALTH CARE PROVIDER FORM
Exception Request

In an effort to reduce the risk of SIDS in child care programs, the Department of Early Education and Care (EEC) prohibits swaddling and requires licensed child care programs to place infants down to sleep on their backs on a flat, firm sleep surface. Exceptions to [these requirements](#) may only be granted when the child's health care provider completes this form or provides an equivalent form containing the information required below.

The infant's health care provider must complete the following:

Infant's Name: _____ Infant's DOB: _____

Name of Health Care Provider: _____

Email: _____ Phone Number: _____

The above-named infant has the following medical condition that necessitates an exception to EEC's infant safe sleep practices:

This condition: ☐ necessitates an alternative sleep position.

☐ necessitates alternative sleep equipment.

☐ requires the infant to be swaddled for sleeping.

☐ other: _____

Please describe the way the above-named infant is to be slept, including the appropriate sleep position, any necessary sleep equipment, the swaddling technique to be used if relevant, and any other additional details needed to sleep the child safely.

Effective dates of exemption: From _____ to _____

Health Care Provider's Signature

Date

Parent Signature

Date

Revised September 2026