



## POLICY ADVISORY

*Field Operations 2023-1*

**Policy:** Safe Sleep for Infants

**Effective Date:** October 1, 2023

Policy link: <https://www.mass.gov/doc/eec-safe-sleep-policy-2023english/download>

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### OVERVIEW

EEC maintains a policy regarding safe sleep practices for all infants under 12 months in age in order to reduce the risk of infant death in child care settings from Sudden Unexplained Infant Death (SUID) and Sudden Infant Death Syndrome (SIDS).

This policy is being updated, in part, to align with June 2022 recommendations from the American Academy of Pediatrics (AAP).

### APPLICABILITY

This policy applies to all licensed and funded programs providing care for infants.

### KEY UPDATES

- New policy
  - Alignments with 2022 AAP guidance:
    - Infants must be placed on non-inclined sleep surfaces
    - Space must be lit well enough to facilitate supervision
    - Requirements to avoid overheating and head coverings
  - Programs have the right to appeal sanctions through a request for administrative reconsideration.
- Updated Policy
  - Swaddling is prohibited for any child who can or begins to try to roll. Weighted swaddles, weighted clothing, or other weighted objects are prohibited.
  - Jewelry of any kind must be removed prior to an infant sleeping unless the infant's parents have given the program written consent to leave jewelry on during sleep.
  - If a provider receives a safe sleep non-compliance, all educators and staff involved in caring for infants in the program must complete required trainings on EEC's [StrongStart Professional Development System](#).

- If a provider receives a 2<sup>nd</sup> safe sleep non-compliance, the provider is required to notify parents of infants enrolled in the program of the non-compliance via EEC's template letter.

## **RESOURCES**

EEC's [StrongStart Professional Development System](#) includes trainings on Safe Sleep and SIDS.

If you or your staff have questions about this policy or need additional support, please contact your EEC Licensor.

Other helpful resources:

- Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) and CDC [video in Spanish](#) on how to create a safe sleep environment.
- CDC [video in English](#) on how to create a safe sleep area for babies and other safe sleep practices.
- [DPH safe sleep resources](#).

## **OBSOLETE**

This policy replaces the agency's Safe Sleep Policy that was previously released on September 8, 2021.