



Step One: Know the Regulations: EEC Infant Sleep Regulations

In Family Child Care and Group Child Care Programs:

- Children younger than six months of age at the time of enrolment **must be under direct visual supervision at all times**, including while napping, during the first six weeks they are in care;
- **Place** every infant twelve months of age or younger **on his/her back for sleeping**, unless the child's health care professional orders otherwise in writing;
- No child under 12 months of age shall be placed in a crib containing pillows, comforters, stuffed animals, or other soft, padded materials;
- Ensure that cribs slats are no more than 2-3/8 inches apart and that cribs have firm, properly fitted mattresses with clean coverings and no places to trap small heads.



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All Child Care Providers must:

- **Notify parents** of SIDS risk reduction practices, sleep positioning policies, and arrangements for sleeping all infants on their backs;
- **Include the statement** that every infant twelve months of age or younger must be placed on his/her back for sleeping, unless the child's health care professional orders otherwise, in writing in their program policies and procedures.
- Provide an **orientation to all staff** that includes infant sleeping positions



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Small and Large Group Child Care Programs must:

- **Supervise** children at all times
- Have a written plan for **staff orientation**, which must include infant sleeping positions
- **Train staff** to follow the infant sleep procedure
- **Ensure** that no staff person is solely responsible for children in care until s/he has received the staff orientation pertaining to infant safe sleep
- Have a **written health care policy** including a plan to ensure that all children twelve months of age or younger are placed on their backs for sleeping, unless directed otherwise in writing by a health care professional



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In Family Child Care programs:

- No caregiver may regularly care for child care children more than **12 hours in any 24-hour period.**

Family Child Care Systems must:

- **Train staff and providers** immediately if a provider joins with infants in care and within 60 days of joining the system or prior to enrolling infants
- Provide **resource materials** to families
- **Report** improper sleep practice to EEC

ALTERNATE INFANT SLEEP POSITIONS REQUIRE:

- Written and signed physician's note explaining medical reason why baby sleeps in position other than on back;
- Keeping note in baby's file and posting notice by the crib;
- Informing all child care providers and substitutes/assistants.