

Safe Sleep Practices for Infants

Safe sleep practices help reduce risks and create a safer sleep environment for infants in early education and care programs. Follow these requirements whenever an infant under 12 months is placed down to nap, rest, or sleep.



ALWAYS:

- ✓ Place infants on their backs for every nap, rest, and sleep.
- ✓ Use a firm, flat, non-inclined sleep surface.
- ✓ Use safe cribs and approved sleep equipment.
- ✓ Keep soft objects and loose bedding out of infant sleep areas.
- ✓ Provide each infant with an individual sleep area.
- ✓ Avoid overheating and head coverings while infants are sleeping.
- ✓ Make sure pacifiers used during sleep have no attachments or additional components.
- ✓ Remove bottles from the sleep area before sleep.
- ✓ Remove jewelry from infants before sleep.
- ✓ Remove hanging objects from infant sleep areas.
- ✓ Supervise infants during sleep in accordance with EEC Safe Sleep practices.

Contact your Licensor with any questions.

For more information, see EEC's Safe Sleep Policy at mass.gov/eec-laws-regulations-and-policies.



MASSACHUSETTS
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Early Education and Care**