

## Sudden Infant Death Syndrome (SIDS) Form – Applies Only to Infants

### *What is SIDS?*

SIDS is the sudden and unexplained death of an infant under one year of age. There is no test to identify which babies will die from SIDS.

### *Important Facts*

- SIDS happens in families of all social, economic and ethnic groups.
- Most SIDS deaths occur before six months of age.
- More boys than girls are victims and most deaths occur during the fall, winter and early spring months.
- Death occurs quickly during sleep. Babies do not cry out or struggle at the time of a SIDS death.
- Although no one knows exactly what causes SIDS, researchers do know that it is not caused by suffocation, choking, spitting up, vomiting, immunizations or child abuse. It is not contagious.

### **COVENANT CHILDREN'S CENTER'S POLICY**

#### *What Can Be Done to Reduce the Risks of SIDS*

##### *Sleeping Positions*

One of the most important things that can be done to help reduce the risk of SIDS is to place a baby on their back to sleep. This will be done every time the baby is put down for a nap. Babies who roll over on their own will not be forced to stay on their back, but allowed to adapt to their sleep position of choice. If an infant falls asleep while playing on their tummy, the baby will be turned onto their back to continue their rest.

##### *Safe Bedding*

Fluffy blankets or comforters will not be used under the baby, or pillows or other soft materials will not be used while the baby is sleeping. Stuffed toys, bumper pads and pillows will be removed from the crib while the baby is sleeping.

Encourage blanket sleepers for infants. However, if a blanket is used, the baby's feet will be at the foot of the crib and the thin blanket tucked around the crib mattress, reaching only as far as the chest.

##### *Our Policy*

Our policy is to place the babies on their back during naps. If you want your child to sleep on their side or stomach, we must have a signed statement from your healthcare provider, stating that the healthcare provider discussed the risks of sleeping your child in other positions and that it is your wish for your child to not be placed on their back for sleeping purposes.

"I want my child to sleep on their back."

x \_\_\_\_\_ Date: \_\_\_\_\_  
Signature

"I do not want my child to sleep on their back and will provide a signed statement from my healthcare provider before my child starts childcare."

x \_\_\_\_\_ Date: \_\_\_\_\_  
Signature