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GAVIN NEWSOM  
GOVERNOR

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PIN 19-02-CCP

TO: ALL CHILD CARE LICENSEES AND PROVIDERS

FROM: *Original signed by Pamela Dickfoss*  
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SUBJECT: **SAFE SLEEP AWARENESS CAMPAIGN**

**Provider Information Notice (PIN) Summary**

PIN 19-02-CCP announces the California Departments of Social Services and Public Health statewide safe sleep awareness campaign to prevent infant sleep related fatalities.

The California Departments of Social Services and Public Health are initiating a statewide safe sleep awareness campaign to prevent infant sleep related infant fatalities. This initiative will build on existing child health and development networks, including local governments, nonprofit organizations and advocates, to leverage and expand resources available to infant caregivers with the goal of eliminating preventable deaths. The Department of Social Services Community Care Licensing Division will be actively educating and providing resource materials to all existing licensed child care providers across the state.

Ensuring awareness of Safe Sleep is everyone's responsibility. Please help by spreading the message and access to free online safe sleep resources and helpful information available for caregivers and families. A few simple steps, such as those recommended by the American Academy of Pediatrics can save lives:

- Place infants on their backs when sleeping
- Use a firm sleep surface such as a mattress in a safety-approved crib

- Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of the baby's sleep area, and
- Ensure that pacifiers have nothing attached to them, and
- Refrain from bed sharing.

Below is a list of valuable resources that shed light on what one can do to help prevent sleep related deaths. If you have any questions, please contact your local Regional Office. Together, we can reduce the number of sleep related fatalities.

[American Academy of Pediatrics](#) – Recommendations for a Safe Infant Sleeping Environment.

[National Institute of Children's Health](#) – Safe Sleep Basics, Printable and Sharable Materials, and Safe Sleep Campaign Information

[California Department of Public Health \(CDPH\) Safe Sleep](#) – Safe Sleep Environments for Infants

[CDPH Sudden Infant Death Syndrome \(SIDS\) Program](#) – Information on Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Infant Death.

[CDPH Training Videos](#) – Training Videos and Resources

#### Attachments

Safe Sleep in Child Care.

A Child Care Provider's Guide to Safe Sleep.

Safe Sleep in Child Care: An abridged guide to Child Care Licensing's proposed Safe Sleep regulations for child care facilities.

# What Does A Safe Sleep Environment Look Like?

The image below shows a safe infant sleep environment.

Baby's sleep area is in the same room, next to where parents sleep.

Use a firm and flat sleep surface, such as a mattress in a safety-approved crib\*, covered by a fitted sheet.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

Do not smoke or let anyone else smoke around your baby.



Do not put pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area. Make sure nothing covers the baby's head.

Dress your baby in sleep clothing, such as a wearable blanket. Do not use a loose blanket, and do not overbundle.

Always place your baby on his or her back to sleep, for naps and at night.



Eunice Kennedy Shriver National Institute of Child Health and Human Development



\* A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. For information on crib safety, contact the CPSC at **1-800-638-2772** or <http://www.cpsc.gov>.

# Safe Sleep For Your Baby

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death



Always place baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.



Use a firm and flat sleep surface, such as a mattress in a safety-approved crib\*, covered by a fitted sheet with no other bedding or soft items in the sleep area.



Share your room with baby. Keep baby in your room close to your bed, but on a separate surface designed for infants, ideally for baby's first year, but at least for the first 6 months.



Do not put soft objects, toys, crib bumpers, or loose bedding under baby, over baby, or anywhere in baby's sleep area.

To reduce the risk of SIDS, women should:



Get regular prenatal care during pregnancy.



Avoid smoking, drinking alcohol, and using marijuana or illegal drugs during pregnancy or after the baby is born.



Do not smoke during pregnancy, and do not smoke or allow smoking around your baby or in your baby's environment.



Think about giving your baby a pacifier for naps and nighttime sleep to reduce the risk of SIDS.



Do not let your baby get too hot during sleep.

For more information about the Safe to Sleep® campaign, contact us:

**Phone:** 1-800-505-CRIB (2742) | **Fax:** 1-866-760-5947

**Email:** [SafetoSleep@mail.nih.gov](mailto:SafetoSleep@mail.nih.gov)

**Website:** <http://safetosleep.nichd.nih.gov>

**Mail:** 31 Center Drive, 31/2A32, Bethesda, MD 20892-2425

**Federal Relay Service:** Dial 7-1-1



**Breastfeed your baby to reduce the risk of SIDS.** Breastfeeding has many health benefits for mother and baby. If you fall asleep while feeding or comforting baby in an adult bed, place him or her back in a separate sleep area as soon as you wake up.



Follow guidance from your health care provider on your baby's vaccines and regular health checkups.



Avoid products that go against safe sleep recommendations, especially those that claim to prevent or reduce the risk for SIDS.



Do not use heart or breathing monitors in the home to reduce the risk of SIDS.



Give your baby plenty of tummy time when he or she is awake and someone is watching.

\* A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. For information on crib safety, contact the CPSC at **1-800-638-2772** or <http://www.cpsc.gov>.

# A Child Care Provider's Guide to Safe Sleep

Helping you to reduce the risk of SIDS

## DID YOU KNOW?

- About one in five sudden infant syndrome (SIDS) deaths occur while an infant is being cared for by someone other than a parent. Many of these deaths occur when infants who are used to sleeping on their backs at home are then placed to sleep on their tummies by another caregiver. We call this "unaccustomed tummy sleeping."
- Unaccustomed tummy sleeping increases the risk of SIDS. Babies who are used to sleeping on their backs and placed to sleep on their tummies are 18 times more likely to die from SIDS.

## WHO IS AT RISK FOR SIDS?

- SIDS is the leading cause of death for infants between 1 month and 12 months of age.
- SIDS is most common among infants that are 1-4 months old. However, babies can die from SIDS until they are 1 year old.

Because we don't know what causes SIDS, safe sleep practices should be used to reduce the risk of SIDS in every infant under the age of 1 year.

## KNOW THE TRUTH ... SIDS IS NOT CAUSED BY:

- Immunizations
- Vomiting or choking

## WHAT CAN CHILD CARE PROVIDERS DO?

Follow these guidelines to help protect the infants in your care:

## CREATE A SAFE SLEEP POLICY

Create and use a written safe sleep policy: Reducing the Risk of Sudden Infant Death Syndrome, Applicable Standards from Caring for Our Children National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs outlines safe sleep policy guidelines. Visit <http://nrckids.org/CFOC3/HTMLVersion/Chapter03.html#3.1.4.1> to download a free copy.

## A SAFE SLEEP POLICY SHOULD INCLUDE THE FOLLOWING:

- Back to sleep for every sleep. To reduce the risks of SIDS, infants should be placed for sleep in a supine position (completely on the back) for every sleep by every caregiver until 1 year of life. Side sleeping is not safe and not advised.
- Consider offering a pacifier at nap time and bedtime. The pacifier should not have cords or attaching mechanisms that might be a strangulation risk.

- Place babies on a firm sleep surface, covered by a fitted sheet that meets current safety standards. For more information about crib safety standards, visit the Consumer Product Safety Commissions' Web site at <http://www.cpsc.gov>.
- Keep soft objects, loose bedding, bumper pads, or any objects that could increase the risk of suffocation or strangulation from the baby's sleep area.
- Loose bedding, such as sheets and blankets, should not be used. Sleep clothing, such as sleepers, sleep sacks, and wearable blankets, are good alternatives to blankets.
- Sleep only 1 baby per crib.
- Keep the room at a temperature that is comfortable for a lightly clothed adult.
- Do not use wedges or infant positioners, since there's no evidence that they reduce the risk of SIDS, and they may increase the risk of suffocation.
- Never allow smoking in a room where babies sleep, as exposure to smoke is linked to an increased risk of SIDS.
- Have supervised, daily "tummy time" for babies who are awake. This will help babies strengthen their muscles and develop normally.
- Teach all staff, substitutes, and volunteers about safe sleep policies and practices and be sure to review these practices often.

When a new baby is coming into the program, be sure to talk to the parents about your safe sleep policy and how their baby sleeps. If the baby sleeps in a way other than on her back, the child's parents or guardians need a note from the child's physician that explains how she should sleep, the medical reason for this position and a time frame for this position. This note should be kept on file and all staff, including substitutes and volunteers, should be informed of this special situation. It is also a good idea to put a sign on the baby's crib.

**If you are not sure how to create a safe sleep policy, work with a child care health consultant to create a policy that fits your child care center or home.**



Face up to wake up – healthy babies sleep safest on their backs.



Do not place pillows, quilts, pillow-like toys, or anything in the crib.



Supervised daily tummy time during play is important to baby's healthy development.

## SAFE SLEEP PRACTICES

- Practice SIDS reduction in your program by using the *Caring for Our Children* standards.
- Always place babies to sleep on their backs during naps and at nighttime.
- Avoid letting the baby get too hot. The infant could be too hot if you notice sweating, damp hair, flushed cheeks, heat rash, and/or rapid breathing. Dress the baby lightly for sleep. Set the room temperature in a range that is comfortable for a lightly clothed adult.
- Talk with families about the importance of sleep positioning and encourage them to follow these guidelines at home.

## SAFE SLEEP ENVIRONMENT

- Place babies to sleep only in a safety-approved crib with a firm mattress and a well-fitting sheet. Don't place babies to sleep on chairs, sofas, waterbeds, or cushions. Adult beds are NOT safe places for babies to sleep.
- Toys and other soft bedding, including fluffy blankets, comforters, pillows, stuffed animals, bumper pads, and wedges should not be placed in the crib with the baby. These items can impair the infant's ability to breathe if they are close to their face.
- The crib should be placed in an area that is always smoke-free.
- Room sharing *without* bed-sharing is recommended. Evidence has shown this arrangement can decrease the risk of SIDS as much as 50%.

## OTHER RECOMMENDATIONS

- Support parents who want to breastfeed or feed their children breast milk.
- Encourage parents to keep up with their baby's recommended immunizations, which may provide a protective effect against SIDS.
- Talk with a child care health consultant about health and safety in child care.
- Have a plan to respond if there is an infant medical emergency.
- Be aware of bereavement/grief resources.

## AM I A CHILD CARE PROVIDER?

Some child care providers are professionals with college degrees and years of experience, but other kinds of child care providers could be grandparents, babysitters, family friends, or anyone who cares for a baby. These guidelines apply to any kind of child care provider. If you ever care for a child who is less than 12 months of age, you should be aware of and follow these safe sleep practices.

If you have questions about safe sleep practices please contact Healthy Child Care America at the American Academy of Pediatrics at [childcare@aap.org](mailto:childcare@aap.org) or 888/227-5409. Remember, if you have a question about the health and safety of an infant in your care, ask the baby's parents if you can talk to the baby's doctor.

## RESOURCES:

American Academy of Pediatrics  
<http://www.aappolicy.org>  
*SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment*  
<http://pediatrics.aappublications.org/content/128/5/1030.full>

Healthy Child Care America  
<http://www.healthychildcare.org>

*Caring for Our Children, National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care*, Third Edition.  
 Visit the National Resource Center for Health and Safety in Child Care and Early Education Web site at: <http://nrckids.org/CFOC3/> to download a free copy. Hard copies are available from the American Academy of Pediatrics Bookstore at <http://www.aap.org>.

National Institute for Child and Human Development Back to Sleep Campaign  
 Order free educational materials from the Back to Sleep Campaign at <http://www.nichd.nih.gov/sids/sids.cfm>

First Candle/SIDS Alliance  
<http://www.firstcandle.org>

Association of SIDS and Infant Mortality Programs  
<http://www.asip1.org/>

CJ Foundation for SIDS  
<http://www.cjsids.com/>

National SIDS and Infant Death Resource Center  
<http://www.sidscenter.org/>

The Juvenile Products Manufacturers Association  
<http://www.jpma.org/>



## Why Is Safe Sleep Needed in Child Care?

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According to the American Academy of Pediatrics (AAP), more than 3,500 babies in the U.S. perish suddenly and unexpectedly every year while sleeping, often due to Sudden Infant Death Syndrome (SIDS).

Infants\* are some of the most vulnerable and fragile clients in our licensed facilities. Tragically, in the last five years, there have been 43 sleep related deaths in California child care facilities. Thus far in 2019, we have already experienced multiple infant deaths within varied child care environments.

(\*An infant is a child under 24 months of age.)

## Bare is Best



Resources can be found on our website at: <http://www.cdss.ca.gov/inforesources/Child-Care-Licensing/Public-Information-and-Resources/Safe-Sleep>

Full proposed Safe Sleep Regulations, ORD No. 0318-03 can be found under post - hearing at: <http://www.cdss.ca.gov/inforesources/Letters-Regulations/Legislation-and-Regulations/CDSS-Regulation-Changes-In-Process-and-Completed-Regulations>

*Image courtesy of the Safe to Sleep® campaign, for educational purposes only; Eunice Kennedy Shriver National Institute of Child Health and Human Development: <https://safetosleep.nichd.nih.gov/> Safe to Sleep® is a registered trademark of the U.S. Department of Health and Human Services.*

## Safe Sleep in Child Care

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An abridged guide to Child Care Licensing's proposed Safe Sleep regulations for child care facilities.



## Safe Sleep Regulations

CDSS utilized the California SIDS Program, American Academy of Pediatrics, and Caring for Our Children National Health and Safety Performance Standards to develop new proposed requirements and strengthen existing requirements to reduce risk of unsafe sleeping environments.

These regulations will support the importance of implementing measures in child care facilities to lower the risk of SIDS, and require safer environments and best practices for infants in care.

## NEW PROPOSED SAFE SLEEP REGULATIONS AND BEST PRACTICES

- Infants 12 months or younger must be placed on their backs to sleep. Place all infants on a firm mattress with a fitted sheet that fits snugly in a crib or play yard that meets current Consumer Product Safety Commission standards.
- Do not allow infants to sleep on beds, couches, chairs, bean bags, pillows, or in other unsafe environments.
- Car seats will only be used for transportation and must not be used for sleeping.
- Cribs will be free from all loose bedding, pillows, toys and objects.
- Infants must not be swaddled while in care.
- The infant's head must not be covered while sleeping.

- All pacifiers must not have anything attached to them.
- While infants are sleeping, the caregiver will check for labored breathing, signs of overheating, flushed skin, increase in body temperature, and restlessness.
- Each infant, age 12 months or younger, will have an infant sleeping plan on file, which will cover the infant's sleeping habits, usual environments, and the infants rolling abilities.
- Infants must not be forced to sleep, stay awake, or stay in the sleeping area.

### Family Child Care Home Specific Requirements

- The provider must have one crib or play yard for each infant in care
- Licensees shall check on infants every 15 minutes and doors to separate rooms shall remain open to allow visual observation.