

Sleeping

There will be a minimum of 30 minutes nap/rest time allotted for each child. Those who do not sleep will have alternative quiet activities. We will not stop a child from falling asleep, or keep them awake per parent requests.

Infant Safe Sleep

Effective November 20, 2015, our licensing agency, the Missouri Department for Health and Senior Services, Section for Child Care Regulation, has updated their rules and regulations regarding safe sleep. Following this change, our facility must implement and maintain written policies pertaining to safe sleep for children less than one (1) year of age in accordance with the American Academy of Pediatrics (AAP) recommendations, and meet the minimum requirements for the provider's safe sleep policy. You may review a full copy of the Licensing Rules for Group Day Care Homes and Child Care Centers or Family Childcare Homes in Missouri by requesting to see a print copy at our facility or visiting the website:

<http://health.mo.gov/safety/childcare/lawsregs.php>

Our new Safe Sleep Policy maintains:

1. All employees of Springing UP CDC and Cornerstone Academy will attend a Safe Sleep training that has been approved by the Missouri Workshop Calendar within 90 days of November 20, 2015 or upon hire, and will be required to update/renew their training at least every 3 years.
2. All children less than one (1) year of age will be placed to sleep on their backs.
3. If your child requires an alternate sleep position or special sleep arrangements that differ from our policies, we **MUST** receive a written statement from the child's licensed health care provider. If we do not have this, we will continue to place your child on their back to sleep.
4. Infants will be supervised at all times during sleep. This includes:

- a. Providing physical checks of the infant in their crib periodically to ensure they are not overheated or in distress
 - b. Positioning themselves so they are able to maintain sight of all infants
 - c. Have enough lighting in the room to maintain sight of all infants
 - d. Not using any sound machine that will interfere with our ability to see or hear a child who may be distressed.
 - e. No cribs or playpens shall be covered with blankets or bedding
5. Cribs and playpens: will have a firm mattress and must have a tight fitting sheet as well as be free of all loose bedding including bumpers, pillows and soft toys, blankets, bibs, wedges or infants positioners, and other similar items.
 6. Only sleep clothing that is designed to keep an infant warm without the possible hazard of covering the head or face may be used during sleep or nap. This includes: wearable blankets, such as sleep sacks, sleep sacks with a swaddle attachment, and swaddle wraps.
 7. Pacifiers shall not be hung around infant's neck and mechanisms that attach pacifier to infant shall not be used with sleeping infants.
 8. No infant's heads shall be covered during nap/sleep times.
 9. Infants who fall asleep in sitting devices such as car seats, swings, strollers, or anywhere other than their crib or portable crib or playpen will be moved to their crib or similar device for the remainder of their sleep time.
 10. Infants unable to roll from their stomachs to their backs and from their backs to their stomachs shall be placed on their backs when found face down. When infants can easily turn from their stomachs to their backs and from their backs to their stomachs, they shall be initially placed on their backs but shall be allowed to adopt whatever positions they prefer for sleep.

11. There will be no smoking in or around the child care facility
12. Parents or guardians of each infant in care will be issued a copy of Springing Up CDC/Cornerstone Academy Safe Sleep Policy upon enrollment.