



Safe Sleep Practices at Margaret's House

What is safe sleep?

A safe sleep area can help reduce baby's risk for Sudden Infant Death Syndrome (SIDS) and other sleep-related deaths, such as from accidental suffocation.

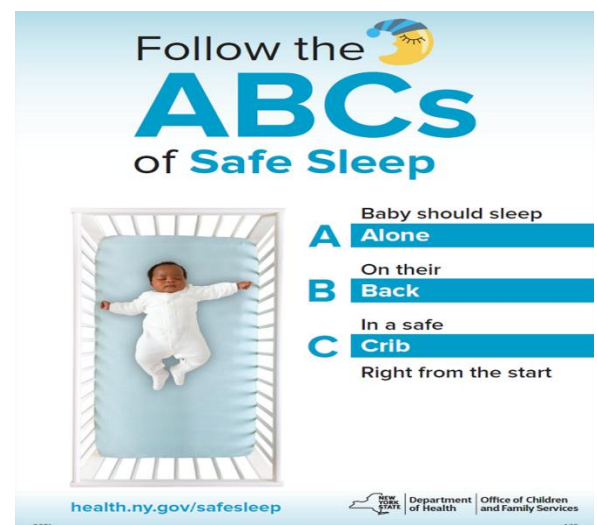
A safe sleep environment for baby is:

- **Firm** (returns to its original shape quickly if pressed on)
- **Flat** (like a table, not a hammock)
- **Level** (not at an angle or incline, and covered only with a fitted sheet)

Do You Know the ABCs of Safe Sleep?

It's very simple, A = Alone, B = Back, C = Crib.

- **Alone** – babies are safest when they sleep alone in a safe crib right from the start. Sharing a sleeping space with an infant increases the risk of the infant becoming entrapped in bedding or smothered during the shifting that may occur during sleep.
- **Back** – babies should be placed on their backs in a safe crib. Babies who sleep on their stomachs run the risk of choking.
- **Crib** – babies should be placed in a safe crib that is free of soft objects or loose bedding that could entrap or smother a baby. Infants should not be put to sleep on waterbeds, sofas, chairs, car seats, or other unstable surfaces. Infants may suffocate if they become wedged between the cushions of a sofa, caught in the bed frame, or caught between the frame and the mattress or wall.



How do we practice safe sleep at Margaret's House?

We always place infants through 12 months of age flat on their back to sleep unless medical information from a child's physician is provided showing that arrangement is inappropriate for the child. Children will not be put to sleep or nap in car seats, baby swings, strollers, infant seats or bouncy seats unless

otherwise prescribed by a health care provider. If a child falls asleep, or arrives asleep, in one of these items, we will gently move them to their own crib as soon as practical. We do not use or allow bumper pads, toys, stuff animals, blankets, pillows, wedges or infant positioners.

Crib Safety

We do not have any loose blankets in your cribs. A loose blanket, including a swaddling blanket that comes unwrapped, could cover your baby's face and increase the risk of suffocation.

We do not use weighted swaddles or weighted blankets, which can place too much pressure on a baby's chest and lungs.

The American Academy of Pediatrics suggests using caution when buying products that claim to reduce the risk of SIDS. Wedges, positioners, special mattresses and specialized sleep surfaces have not been shown to reduce the risk of SIDS. We do not use any of these in our cribs.

When to Stop Swaddling

You should stop swaddling as soon as your baby shows any signs of trying to roll over. Some babies start working on rolling as early as 2 months of age, but every baby is different. The American Academy of Pediatrics recommends to stop swaddling at 8 weeks or first signs of rolling.

A few signs of rolling include, but are not limited to:

- **Your baby lifts their head while lying down**
- **Your baby reaches for toys while on their belly**
- **Your baby's neck muscles seem to be getting stronger**

Can infants be swaddled at Margaret's House?

We do not allow infants to be swaddled at Margaret's House. We encourage families to bring in a wearable blanket or sleep sack for their infant to use at nap time. Sleep sacks that do not swaddle and allow the baby to move freely can be used as long as you want. The youngest we can enroll an infant is 8 weeks, which is right around the time you would no longer swaddle. By starting with a sleep sack rather than a swaddle, this will eliminate an additional transition shortly after beginning care.

Many child care centers may have a policy against swaddling infants in their care. Compared to a private home, where one or two people are caring for an infant, a child care center usually has a number of caregivers who may have variations in their swaddling technique. When the child is older, in a new environment, with a different caregiver, if they are learning to roll or perhaps haven't been swaddled before, swaddling becomes more challenging and risky.



*Example of a safe sleep sack
www.halosleep.com*