

Treasures of Peace Safe Sleep Policy

Infant Room (0-12 months)

1. Sleep Environment:

- Infants will always be placed on their backs to sleep.
- Cribs will meet current safety standards and will be free of soft bedding, pillows, blankets, toys, and bumper pads.
- Each infant will have their own assigned crib with a firm, tight-fitting mattress and a fitted sheet.

2. Supervision:

- Staff will visually check sleeping infants every 5-10 minutes.
- Proper lighting will be maintained at all times to ensure that each child is visible to the provider while the infant is sleeping.

3. Room Temperature and Clothing:

- Room temperature will be maintained between 65-85°F.
- Infants will be dressed in sleep clothing, such as wearable blankets, to avoid overheating. No loose blankets are allowed.
- The child may nap or sleep in sleep clothing, including sleepers and sleep sacks. Swaddling shall not be permitted.

4. Pacifiers:

- Pacifiers may be used during sleep, but they will not be attached to cords, clips, or other objects.

5. Health Considerations:

- Infants who fall asleep in items like seats or swings will be moved to their cribs immediately.
 - Staff will follow all individual health plans for infants with specific medical needs.
-

Toddler Room (12- 2 ½ Years Old)

1. Sleep Environment:

- Toddlers will sleep on cots or mats with individual bedding provided by the family or center.
- Bedding will be stored separately and laundered weekly or as needed.

2. Supervision:

- Staff will remain in the room during nap time and will ensure toddlers are safely positioned on their cots or mats.
- Proper lighting will be maintained at all times to ensure that each child is visible to the provider while sleeping.
- Visual checks will be conducted every 5-10 minutes.

3. Room Temperature and Clothing:

- Room temperature will be maintained between 65-85°F.
- Toddlers will wear appropriate clothing for comfort and safety during sleep.

4. Transition to Cots:

- Toddlers transitioning from cribs to cots will receive additional supervision to ensure a smooth adjustment.

Pre-K Room (2 1/2-5 years)

1. Rest Period:

- A rest period will be provided for all Pre-K children. Quiet activities will be available for those who do not sleep.

2. Sleep Environment:

- Pre-K children will rest on cots or mats with individual bedding provided by the family or center.
- Bedding will be stored separately and laundered weekly or as needed.

3. Supervision:

- Staff will remain in the room during the rest period and ensure all children are safely positioned on their cots or mats.

- Proper lighting will be maintained at all times to ensure that each child is visible to the provider while resting.

4. Comfort Items:

- Comfort items such as small blankets or stuffed animals are allowed, provided they meet safety standards and do not pose a choking hazard.

5. Room Temperature:

- Room temperature will be maintained between 65-85°F.
-

Training and Communication:

- All staff will receive annual training on safe sleep practices.
- Families will be informed of this policy during enrollment and provided with resources on safe sleep.

Policy Review: This policy will be reviewed annually and updated as needed to comply with new research or state regulations.

Effective Date: January 1, 2025