

Policy: Infant Safe Sleep Guidelines Training
DSHS Policy effective October 2014

1. **Infant Safe Sleep** – All Foster Parents in homes with a child under the age of one year are required to receive the Infant Safe Sleep training and have a copy of the Infant Safe Sleep Guidelines in their home file. The agency Licensor or Case Manager will verify that the training has been received and that the child’s sleeping area meets the Infant Safe Sleep Guidelines.

No placements of a child under the age of one year can be made until Infant Safe Sleep Training has been received.

2. **PURPLE cry video** – All Foster parents in homes licensed for a child under the age of one year will view the eleven minute PURPLE cry video. The PURPLE cry video is available on the internet @:

<http://www.dontshake.org/video/purplecrying/PURPLE-English.mp4>

We have reviewed the Safe Sleep Guidelines and agree to follow those guidelines. We have also watched the PURPLE Cry video.

Primary contact Signature: _____ Date: _____

Secondary contact Signature: _____ Date: _____

Licensor Signature: _____ Date: _____

Infant

SAFE SLEEP

Guidelines

- **Always place your baby on his or her back to sleep**, for naps and at night.
- Use a **firm sleep surface**, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- **Avoid wedges, positioners or other products** unless prescribed by your baby's doctor.
- **Keep Pillows, bottles, toys, crib bumpers and loose bedding out** of your baby's sleep area.
- **Don't sleep with your baby in a bed, on a chair or couch** – Put your baby in his or her own bed.
- Keeping your **baby's sleep area in the same room where you sleep reduces the risk of SIDS** and other sleep-related causes of infant deaths.
- Offer your baby a **pacifier that is not attached to a string** for naps and at night. If your baby is breast-fed, wait until your baby is one month old before offering a pacifier.
- **Keep your baby warm, but not hot.** Dress your baby in one layer of clothing extra than you would wear to be comfortable and leave the blanket out of the crib.
- **Follow your health care providers guidelines on your baby's vaccines and regular health checkups.** Talk with your doctor if you have any questions about how your baby sleeps.
- Give the baby plenty of **time on his or her tummy when awake and when someone is watching.**
- **Do not smoke or allow smoking around your baby.**
- Place your **baby's crib away from curtains or blinds** to avoid strangulation by cords.
- Make sure everyone caring for your baby knows about **safe sleep practices.**



The actions listed are based on recommendations from the American Academy of Pediatrics Task Force on SIDS.