

Creating a

Safe Sleep

Environment for Infants



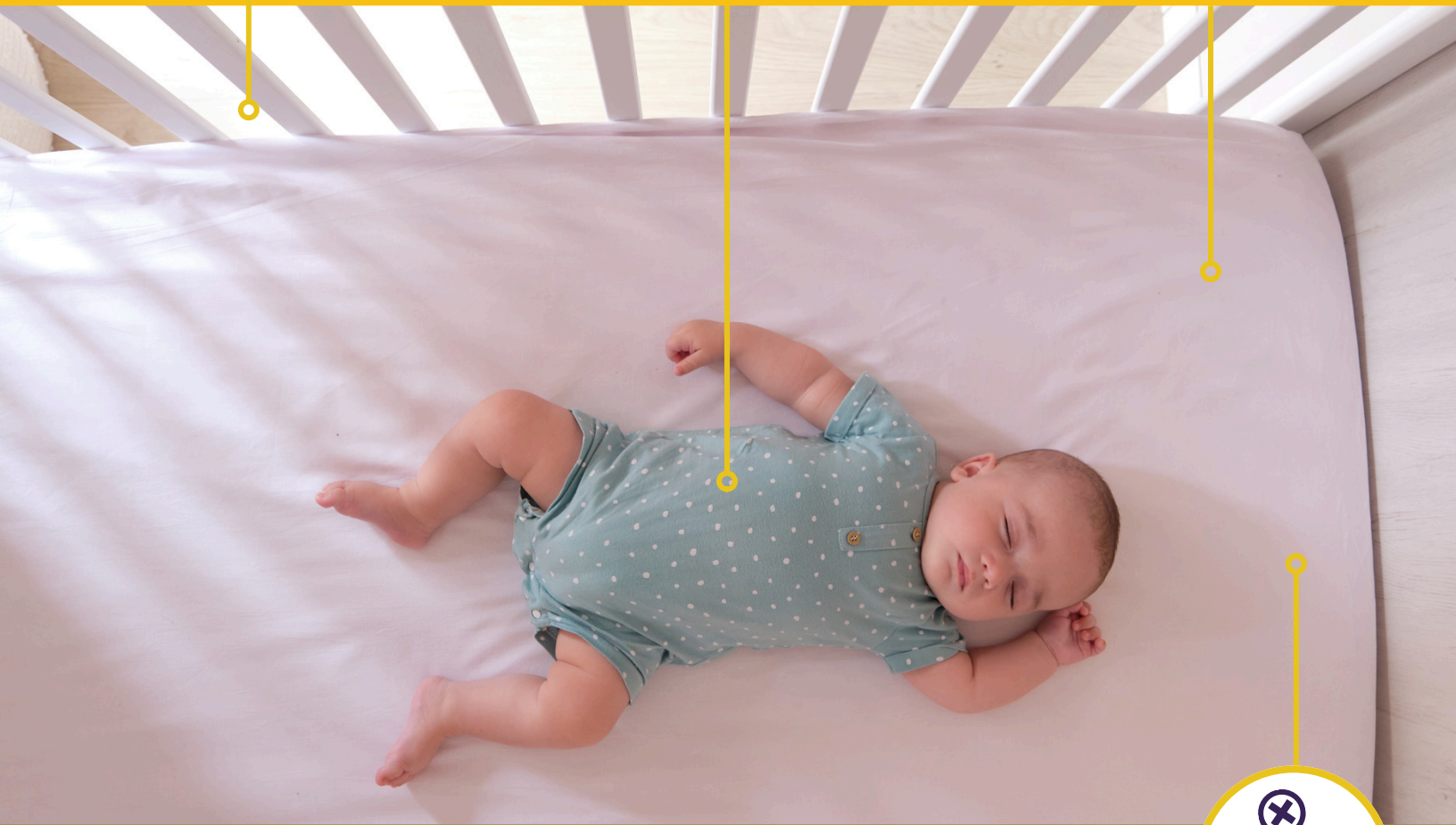
Use only approved cribs or other approved sleep equipment.



Children 12 months and younger: Always placed on their back, face up.



Firm, flat, non-inclined crib mattress designed for the crib. Cover the mattress with a tight-fitting sheet.



No soft objects in the sleep area, including, but not limited to, bumper pads, pillows, quilts, comforters, sleep positioning devices, sheepskins, blankets, flat or non-fitted sheets, cloth diapers, bibs, stuffed animals. Do not hang blankets and other items on the sides of cribs.

Hygiene & Safety Practices



- If used, give infants a clean, undamaged pacifier for naps and at night.
- Do not use pacifiers that are attached to cords or hang them around the infant's neck.



- Only one child per crib, cot, mat, playpen, or sleep equipment.
- Infants should sleep only in their approved crib or approved sleep equipment.
- If an infant falls asleep somewhere unsafe, move them right away and place them on their back in their crib.



- Keep all objects and toys, including soft toys, mobiles, and any equipment that attaches to the crib, out of the infant's sleep area.
- Keep the sleep area free of hazards, such as dangling cords, electrical wires, and window covering cords.
- Remove bibs, necklaces, and clothing with ties or hoods.



- Avoid products or devices that go against safe sleep guidelines, especially those claiming to prevent SIDS or sleep-related deaths.
- Do not use monitors or positioning devices without written approval from a health care provider.



- Check the room temperature before placing infants in their crib.
- Make sure infants are comfortably dressed and not overheated or sweaty.
- Do not put hats on infants indoors.
- Avoid over-bundling and covering the infant's face.



- Store sheets/blankets either with equipment (labeled) or separately for each child.



- Sheets, blankets, and coverings should be laundered weekly, whenever they are wet, soiled, or damaged, and before being used by another child.



- Use only an approved crib or approved sleep equipment with a firm, flat, and level sleep surface.



- Swaddling infants during rest or sleep is not allowed in New Jersey child care programs.
- Do not use weighted sleep sacks, blankets, or clothing on infants at any time.



- Do not allow sleep in car seats, bean bag chairs, bouncy seats, swings, highchairs, sofas, futons, or other furniture or equipment.
- If an infant arrives in a car seat, remove them immediately and, if they are asleep, place them on their back in their assigned crib.
- Program policy should require parents/guardians and staff to remove infants from car seats at drop-off and place them on their back in the crib if sleeping.



Compliance & Standards



All equipment must meet recognized safety standards and be approved by DCF Child Care Licensing Regulations.



CFOC standards say:

- **Staff should stay alert and actively supervise sleeping infants at all times, including when they are going to sleep, sleeping, or waking up.**
- **Infants should never be placed in a room without direct supervision.**
- **Lighting must allow staff to see the infant's face and skin color, monitor breathing, and locate the pacifier if used.**
- **Ensure the infant's head remains uncovered and adjust clothing as needed.**



Professional Development and Policies:

- **All staff and approved caregivers of infants are required to have received and read the program's safe sleep policy, and completed training in safe sleep practices.**
- **Programs should encourage, model, and give educational information on safe sleep policies and practices to parents/guardians, including expectant parents.**

For more information, visit: <https://www.cpsc.gov/SafeSleep>



NJ DEPARTMENT OF HUMAN SERVICES
DIVISION OF FAMILY DEVELOPMENT



GROW NJ KIDS TRAINING SERVICES



RUTGERS UNIVERSITY
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