

## Safe Sleeping Environments for Infants (under 1 year of age): A child care provider's guide

As a child care provider, you are required to provide a safe sleep environment for infants as set out by the Child Care Licensing Regulation.

The following information:

- Will help you create a safe sleep environment for infants.
- Has been proven to reduce the risk of Sudden Unexpected Infant Deaths.

Always place an infant on his or her **back to sleep** unless they can roll over without assistance as stated in Section 42 of the Child Care Licensing Regulation. <sup>1</sup>

Follow these safe sleep recommendations based on the Canadian Pediatric Society Guidelines:

- Make sure the child care and sleep environment are smoke free. <sup>2</sup>
- Place the infant to sleep on a firm mattress that fits tightly in a crib.
- Make sure the crib meets Health Canada Consumer Product Safety Guidelines.
- Remove anything that could impair the infant's ability to breath:
  - All loose bedding
  - Bumper pads
  - Pillows
  - Quilts
  - Sheepskins/soft rug
  - Other items (e.g. stuffed animals, wedges, etc.)
- A sleep surface must be used by one infant at a time. No one should be sharing a bed with an infant. <sup>3</sup>
- It is never safe to place an infant to sleep on any surface not designed for infant sleep such as a:
  - Couch
  - Chair
  - Cushion
  - Adult Bed
  - Car seat
  - Infant carrier



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- Place the infant in the **Feet to Foot** Position:
  - Place infant's feet up against the foot of the crib.
  - If using a blanket, it goes no further than the chest.
  - Blanket goes under the arms.
  - Blanket is to be tucked around the mattress.
- Visually check on a sleeping infant every 15 to 20 minutes.
- Don't let the infant overheat:
  - Room temperature should be comfortable for a lightly clothed adult (approximately 20° to 22° Celsius).
  - Dress infants in light sleep clothing.
- Offer a pacifier at sleep times if parents offer a pacifier at home.
- Offer support to parents who want to breastfeed / feed their infant breast milk.
- Provide infant with supervised "tummy time" while playing.



If you have any **questions/concerns** contact your local Licensing Officer.  
[www.fraserhealth.ca/your\\_environment](http://www.fraserhealth.ca/your_environment)

### For more information, visit these websites:

Canadian Pediatric Society

<http://www.caringforkids.cps.ca/pregnancy&babies/SafeSleepForBaby.htm>

Health Canada - Consumer Product Safety

<http://www.hc-sc.gc.ca/cps-spc/pubs/cons/crib-lits/index.eng.php>

Babies Best Chance

<http://www.bcphp.ca/Baby's%20Best%20Chance.htm>

Child Care Licensing Regulations

[http://www.hls.gov.bc.ca/ccf/child\\_care.html](http://www.hls.gov.bc.ca/ccf/child_care.html)

Safe Sleep for your Baby

<http://www.publichealth.gc.ca/safesleep>

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<sup>1</sup> The Child Care Licensing Regulation (CCLR) mentioned in this document is BC Reg. 332/2007.

<sup>2</sup> This also is stated in CCLR section 13(3).

<sup>3</sup> This also is stated in CCLR section 15(2).