

## Safe Sleep Environments for Infants (under 1 year of age): A parent's guide when choosing child care

Examine the sleep area of your child care facility. Ask your child care provider if they follow these recommendations by the Canadian Pediatric Society for a safe infant sleep environment.

- Does the child care provider put babies on their back unless they can roll over without assistance?
  - *This sleep positioning is required under the Child Care Licensing Regulation.*<sup>1</sup>
- Is the child care environment smoke free?<sup>2</sup>
  - *Choose a child care facility that is non-smoking.*
- Does the child care provider have well maintained cribs that meet current Health Canada Consumer Product Safety Guidelines?
- Is the mattress firm and tight fitting in the crib without bumper pads, pillows, stuffed animals or loose bedding?
  - *There should be no items that can impair your baby's ability to breathe.*
- Will the child care provider put your baby to sleep alone in a crib?
  - *A sleep surface should never be shared.*<sup>3</sup>
- Is the sleep area a comfortable temperature for a lightly clothed adult (approximately 20° to 22° Celsius)?
  - *You do not want your baby to be overheated during sleep.*
- Does the child care provider use the **Feet to Foot** positioning for babies in the crib?
  - *Place the 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.*



- Does the child care provider visually check on sleeping babies at specified intervals? Find out how often.
  - *Visual check on a sleeping infant is recommended every 15 to 20 minutes.*

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>

Safe Sleep for your Baby  
<http://www.publichealth.gc.ca/safesleep>

<sup>1</sup> This information can be found in section 42 in the Child Care Licensing Regulation (BC Reg. 332/2007).

<sup>2</sup> This information can be found in section 13(3) in the Child Care Licensing Regulation (BC Reg. 332/2007).

<sup>3</sup> This information can be found in section 15(2) in the Child Care Licensing Regulation (BC Reg. 332/2007).