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. 1

Follow these safe sleep recommendations based on the Canadian Pediatric Society Guidelines:
- Make sure the child care and sleep environment are smoke free. 2
- Place the infant to sleep on a firm mattress that fits tightly in a crib.
- Remove anything that could impair the infant’s ability to breathe:
  - 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. 3
- 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

Continued ....

Health Protection | Ensuring Healthy People and Healthy Environments

Draft
Safe Sleeping Environments for Infants - A child care provider’s guide

- 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.

For more information, visit these websites:

- Canadian Pediatric Society  
  [http://www.caringforkids.cps.ca/pregnancy&babies/SafeSleepForBaby.htm](http://www.caringforkids.cps.ca/pregnancy&babies/SafeSleepForBaby.htm)
- Health Canada - Consumer Product Safety
- Babies Best Chance
  [http://www.bcphp.ca/Baby's%20Best%20Chance.htm](http://www.bcpphp.ca/Baby's%20Best%20Chance.htm)
- Child Care Licensing Regulations
- Safe Sleep for your Baby
  [http://www.publichealth.gc.ca/safesleep](http://www.publichealth.gc.ca/safesleep)

Content written by Colin Harris,  
BCIT Nursing Student, February 2010.

1 The Child Care Licensing Regulation (CCLR) mentioned in this document is BC Reg. 332/2007.
2 This also is stated in CCLR section 13(3).
3 This also is stated in CCLR section 15(2).