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.  
- Is the child care environment smoke free?
  - 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.  
- 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

For more information, visit these websites:
Canadian Pediatric Society
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
Safe Sleep for your Baby
http://www.publichealth.gc.ca/safesleep

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