



# Infant Safe Sleep Rules

Child care providers must follow these requirements for infant safe sleep per Child Care Licensing Rules 400.1912 and 400.1916 for homes, and 400.8176 and 400.8188 for centers. Infants are children under 1 year of age.

Infants must be placed alone in an approved crib or porta-crib. Homes can also use an approved play yard, such as an approved Pack n' Play®.

The crib or porta-crib must have a firm, tight-fitting mattress with a tightly fitted bottom sheet covering the mattress. No additional padding can be placed between the sheet and mattress.

An infant's head must remain uncovered during sleep.

Soft objects, bumper pads, stuffed toys, blankets, quilts or comforters, pillows, and other objects that could smother an infant must not be placed with or under a resting or sleeping infant.

Blankets must not be draped over cribs or porta-cribs.

Infant car seats, infant seats, infant swings, bassinets, highchairs, water beds, adult beds, soft mattresses, sofas, beanbags, or other soft surfaces are not approved sleeping equipment for infants.

Infants who fall asleep in a space that is not approved for sleeping must be moved to a crib or porta-crib.

All infants must be placed on their back for resting and sleeping – nap time and night time. When found on their stomach or side:

Infants must be repositioned to their backs if they are unable to roll from their stomach to their back and from their back to their stomachs.

Infants can be allowed to adopt whatever position they prefer to sleep if they can easily turn over from their backs to their stomachs and from their stomachs to their backs.

For infants who cannot rest or sleep on their back due to disability or illness, the parent must provide written instructions signed by a physician detailing an alternative sleep position and/or other special sleeping arrangements for the infant before the provider can allow the infant to sleep in the alternative manner.

Caregivers must maintain supervision and monitor a sleeping infant's breathing, sleep position and bedding for possible signs of distress.

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