

## Frequently Asked Questions on Licensing Rules Related to Infant Safe Sleep

### **Q: Can I use a bassinet?**

A: No. The licensing rules prohibit the use of bassinets in child care settings. Child care providers can only use an approved crib or porta-crib. Child care homes can also use an approved play yard (such as an approved Pack 'n Play®). Bassinet attachments for play yards cannot be used.

### **Q: Can I use the Fisher Price Newborn Rock 'n Play™ Sleeper or a bouncy seat for sleeping infants?**

A: No. Child care providers can only use an approved crib or porta-crib. Child care homes can also use an approved play yard (such as an approved Pack 'n Play®). Bassinet attachments for play yards cannot be used. Child care providers cannot use bouncy seats, car seats, swings or any other sleeping device for sleeping infants.

### **Q: If I can't use blankets, what do I do if a mother wants her infant swaddled?**

A: Wearable blankets, such as sleeps sacks and sleep sacks with a swaddle attachment and swaddle wraps are acceptable alternatives to blankets and may be worn by infants when they are sleeping. Refer to the [examples](#) for more information on acceptable items.

**Swaddling with sleep sacks with a swaddle attachment and swaddle wraps are allowed only for infants up to 2 months of age.**

**Note:** The swaddle attachment for the sleep sack must be properly attached (Velcro) to the sleep sack prior to use. The Velcro on swaddle sacks and swaddle wraps must be attached securely and must be inspected every time the infant is checked while sleeping. R 400.1912 and 400.8188 require continual monitoring of the infant's breathing, sleep position and bedding and for possible signs of distress.

### **Q: Are there risks associated with swaddling?**

A: Yes. There are risks associated with swaddling. They include:

- Swaddling too tightly or with the legs extended and adducted can cause developmental dysplasia of the hips.
- Swaddling can result in hyperthermia when the swaddling blanket is added to clothing the infant is already wearing.
- Tight swaddling can compromise the lungs and increase the respiratory rate.

- Accidental deaths have occurred when swaddled infants are placed on their stomach or roll to their stomach. (An infant may roll onto his/her stomach even if not regularly rolling.) Swaddled infants on their stomachs are unable to use their arms or upper bodies to push themselves off the mattress or to change their head and body position if they are in a position that could cause suffocation.

Due to these risks, it is recommended that infants not be swaddled in a child care setting. For more information, see the American Academy of Pediatrics Caring for Our Children: National Health and Safety Performance Standards at <http://cfof.nrckids.org/>.

**Q: When can children in care sleep with a blanket?**

A: A child in care can use a blanket once he/she turns 1 year old.

**Q: Will an infant choke if he spits up while lying on his back?**

A: No. Infants are actually safer on their backs. When an infant is on his/her back, the airway (trachea) is on top of the esophagus (the tube that carries food). If a baby spits up while on his/her back, the food and fluid run back into the stomach and not to the lungs.

