



## Restrictive Infant Equipment

March 2015

Infants in child care should be placed on their backs to sleep, in furniture manufactured for sale in the United States as *infant sleep equipment*. Studies show that infants sleeping in a semi-seated position, such as in a car seat, swing, bouncy seat, etc., can have their blood oxygen level drop to such a low level that brain cell damage occurs. Positional asphyxia is a type of suffocation that occurs when the body is put in a position that restricts airflow. In infants, positional asphyxia can occur when they are placed in a semi-seated position. Positional asphyxia can occur due to the prominence of the occiput (back of the head), as well as the overall lack of neck muscle strength, which forces the head to slouch forward pushing the infant's chin down against his/her chest. This body position causes the windpipe to narrow or close.

Imagine a drinking straw and then bend that straw over. This is the picture that we need staff to have in order to understand what could occur to an infant's windpipe when their head flops over in restrictive infant equipment while sleeping.



The invention of the infant car seat carrier changed the care methods for infants in the United States. Parents and caregivers have adapted this vehicle passenger restraint device into restrictive devices for feeding, sleeping, play and as an infant holding device. In addition, manufacturers have created and adapted other equipment such as restaurant high chairs, shopping carts, stroller bases or "travel systems" to accommodate and further propagate the use of infant car seats for purposes other than protecting the infant during a motor vehicle crash. However, the fact remains that infant car seats are passenger restraint devices designed and intended to absorb and distribute crash impact forces over the infant's body while keeping the infant secure in the vehicle during a motor vehicle crash. Passenger restraint devices are essential protection for infants traveling in motor vehicles. Reviews of infant deaths in passenger restraint devices, however, show that the majority of infant deaths in car seats are not occurring when the infant is being transported in a vehicle, but rather when the infant is being cared for indoors.

The bottom line is that restrictive infant equipment may not be used as sleep equipment in regulated child care. Parents and child care providers should transfer infants who fall asleep in one of these devices to a crib, except when the infant is being transported in a vehicle. Infants can suffer serious harm from sleeping in equipment not designed for sleeping. Direct supervision is always required for infants using restrictive infant equipment while awake.

Please see page 2 for a few examples of Restrictive Infant Equipment .

## Infant Products NOT for Sleeping

March 2015

The items shown are just a few examples of Restrictive Infant Equipment that are not safe for **infant sleep**. Please speak to your Licensing Representative if you have questions regarding a specific piece of equipment for waking infants.



If an infant falls asleep while in Restrictive Infant Equipment, transfer the infant to a crib ASAP. Infants should always be placed on their back to sleep.



## Keeping Infants Comfortable While Sleeping



### \*Appropriate sleep sack for infants

1. Arm and neck openings sized appropriately for a safer fit.
2. Select a material that will not be too warm. Infants overheating is a SIDS risk.
3. Sleeveless to reduce the risk of overheating. (Room temperature should be comfortable for an adult clothed with lightweight material.)
4. Inverted zipper for easy changing.
5. Roomy sack promotes healthy hip development.
6. Sleepwear may never restrict an infants natural movements.

\*Never "modify" a sleep sack. All sleepwear must be used in accordance with manufactures instructions.

### Examples that are NOT appropriate for Licensed/Registered Child Care:



↑ This is considered Swaddling and is prohibited in Texas Child Care.





# Infant Sleep Agreement

March 2015

## Infant Safe Sleep in Child Care Policy

All staff, substitute staff, and volunteers at: \_\_\_\_\_ follow the safe sleep recommendations of the American Academy of Pediatrics (AAP) and the Consumer Products Safety Commission (CPSC) for infants to reduce the risk of Sudden Infant Death (SIDS). SIDS/ SUIDS is the sudden death of an infant under 1 year of age, which remains unexplained after a thorough investigation.

- Infants will always be put to sleep on their backs.
- Infants will be placed on a firm mattress, with a tight fitted sheet, in a crib that meets the CPSC federal requirements for full-size cribs and for non-full size cribs.
- No toys, soft objects, stuffed animals, pillows, bumper pads, blankets, quilts, sheepskins or loose bedding will be in the crib or *draped* over the crib.
- Devices such as wedges or infant positioners will not be used. The AAP has found no evidence that these devices are safe and their use may increase the risk of suffocation.
- Sleeping areas will be ventilated and at a temperature that is comfortable for a lightly clothed adult.
- If extra warmth is needed, sleep clothing \_\_\_\_\_ (insert type of sleep clothing that will be used i.e.: sleepers, footed pajamas) will be used as an alternative to blankets.
- Only one infant will be placed in a crib to sleep.
- No crib toys, mobiles, or musical/night light crib attachments will be used in the crib.
- Infants may use a pacifier during sleep. It may not be attached to the infant's clothing by a string, cord, or other attaching mechanism that might be a strangulation risk.
- If the infant falls asleep anyplace other than a crib (i.e.: bouncy chair, while being held, or arrives to care asleep in a car seat) the infant will be moved to a crib immediately.
- Our child care program is smoke free and smoking is not allowed in Texas child care operations.
- Sleeping infants will be actively observed by sight and sound.
- When infants are able to roll back and forth from front to back, the infant will be placed on their back for sleep and allowed to assume a preferred sleep position.
- Awake infants will have supervised "tummy time" several times daily. This will help strengthen their muscles and develop normally.

Parents will review this policy upon enrolling their infant at: \_\_\_\_\_ and a copy is provided in the parent handbook. Parent may review safe sleep and reducing the risk of SIDS/ SUID's at: <http://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

This policy is effective on \_\_\_\_\_ (date)

Child's Name: \_\_\_\_\_

Signed By: \_\_\_\_\_ (director/owner)

\_\_\_\_\_ (Staff Member)

\_\_\_\_\_ (Parent)



Please Read  
Infant Sleep  
packet, sign, date, Turn In!  
Thanks