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DEPARTMENT OF HEALTH  
AND ENVIRONMENT

[www.kdheks.gov](http://www.kdheks.gov)

Division of Health

### **ACTION STEPS FOR SUPERVISION AND SAFE SLEEP PRACTICES**

- *Be actively engaged* in care-giving. Young children who are awake need constant visual supervision. Providers should be in the same room as the children, be actively engaged and interacting with them, and be aware of and attentive to their needs.
- *Respond immediately* to any change in noise level, crying or other signs that a child is in distress.
- *Identify* challenging supervision situations and have a plan. Not all homes are well-designed for child care. In some, the bathroom or kitchen is on another level or down the hall from the child care area.
  - Plan for those times when you need to assist a child in the bathroom or check on meal preparation. Consider taking the children with you when leaving the child care area.
  - If you must leave young children unattended briefly, take steps to ensure children are safe in your absence, that they remain within hearing distance, and that you return quickly.
- *Develop* supervision policies for all children and discuss them with parents before the first day of care.
- *Be prepared* and know what to do in an emergency. In addition to first aid training, become certified in pediatric rescue breathing or CPR. Keep all training and training certificates current.
- *Be especially vigilant* in the days and weeks after enrolling a new child. Take the time to get to know the child so that you are better able to understand behaviors and anticipate needs.
- *Develop a safe sleep policy for all children.*
  - Review the safe sleep tips information at [www.kansassafekids.org/child\\_care.htm](http://www.kansassafekids.org/child_care.htm).
  - Attend a safe sleep practices training to learn ways to reduce the risk of SIDS.
  - Discuss your safe sleep policy with parents before the first day of care.
  - Communicate regularly with parents about safe sleep practices at home and in child care.
- *Check* on napping children frequently, at least every 15 minutes.
- *When caring for infants, follow recommended safe sleep practices for infants:*
  - Make sure infants nap in line of sight of the provider or within hearing distance in a nearby room.
  - Place infants on their backs to sleep. Visually check and touch each infant at least every 15 minutes.
  - Strictly follow all regulations on napping infants safely in a crib or playpen. Do not allow infants to nap in car seats, on an adult bed, sofa or on any surface other than a crib or playpen. Each crib and playpen should be in good repair and have a firm tight-fitting mattress and fitted sheet.
- *Share the above information with parents and discuss ways to work together to protect the health, safety, and well-being of the infants and children in your care.*

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