



## Safe Sleep in Child Care Tip Sheet and Resources Available for Parents and Caregivers

According to the Kansas Department of Health and Environment, 14 Kansas children died in regulated childcare in 2007. Twelve of these deaths were to infants between 1 and 8 months of age in private day care homes who were found unresponsive while napping. Seventy-five percent of the infants were either placed to sleep on their stomach or side and/or placed on an adult bed or in a baby seat instead of in an approved crib or playpen. In addition, documentation indicates that in many of the cases the infants were not supervised during their rest period, meaning they were not regularly checked while napping and/or they were not within hearing distance of the provider.

The AAP states parents and child care providers need to be aware that infants normally placed to sleep on their backs, who are then placed to sleep on their stomachs to sleep, are as much as 18 times more likely to die from SIDS. The safest way for an infant to sleep, whether at night or during the day, is on his or her back, in an approved crib or playpen, with no soft bedding or pillows. Infants should also be supervised during their rest periods and regularly checked while napping. Infants who are regularly placed to sleep on their stomachs have a five times greater risk of dying, according to the AAP.

Parents should communicate with relatives, childcare providers and anyone else taking care of their child about the importance of safe sleep practices. This needs to take place before the first day the child is cared for and should be emphasized routinely.

"Fortunately, educating both parents, relatives, and child care providers and improving the communication between these groups has the potential to save many young lives," said Jan Stegelman, Coordinator, Safe Kids Kansas. "Safe Kids Kansas is making available a tip sheet and numerous resources about safe sleep in child care for parents and caregivers, relatives, and child care providers at [www.kansassafekids.org](http://www.kansassafekids.org). Every person taking care of an infant needs to remember the ABC's of safe infant sleep: always place your infant Alone, on their Back, in a Crib."