

Safe Sleep policy

Healthy babies always sleep on their backs.

The center will provide a safety approved crib with firm mattress.

Cribs will be free of toys, stuffed animals and excessive bedding. There will be only one child per crib.

The room temperature will be between 68 and 72 degrees Fahrenheit.

Babies will be monitored while sleeping.

Babies will have supervised tummy time when awake.

If a child has a special health-care that would require alternative sleep positions, the physician needs to provide all the information for the exception. If the infant needs a sleep positioner, the physician has an obligation to supply enough information to assure the staff of the infant's health. Simply sending a note is not acceptable. The physicians request will be posted on the child's bed and a copy will go in the child's file.

I have read the information regarding the YMCA safe sleep policy.

(Signature)

(Date)