

Infant Sleep Permission Form

The American Academy of Pediatrics recommends keeping soft objects and loose bedding (including blankets) out of the crib/playpen to reduce the risk of SIDS, suffocation, entrapment, and strangulation for infants under the age of 12 months. The AAP recommends the use of pacifiers for sleep. Studies have reported a protective effect of pacifiers on the incidence of SIDS. Pacifiers should be checked for tears before each use.

Effective January 1, 2013, ND Child Care Licensing Regulations state:

With written parental permission, the provider may place one individual infant blanket or sleep sack, a pacifier, and a security item that does not pose a risk of suffocation to the infant in the crib or portable crib while the infant is sleeping or preparing to sleep.

* Providers are not required to allow these items.

Parent/Guardian Authorization

I have read the information on this form and give _____ permission

Print Name or Provider/Program

to use the following checked item(s) when my infant _____ is sleeping or preparing to sleep:

Print Infant's Name

One infant blanket (a thin blanket is recommended)

- Weighted blankets are not recommended.
- A written order from a health care provider stating a medical reason/diagnosis and time frame is required to use more than one blanket or use a weighted blanket.

I request my infant to be swaddled: Yes No

Stop swaddling: When my infant is 2 months old When my infant show signs of rolling

- If infant is being swaddled, the blanket should not come any higher than to the shoulders of the infant; blanket should be loose enough for a hand to fit between the blanket and the infant's chest; blanket should be kept loose around infant's hips.
- The AAP recommends discontinuing swaddling once the infant reaches 2 months of age or sooner if showing signs of rolling.
- A written order stating a medical reason/diagnosis and time frame from a health care provider is required to continue swaddling after an infant shows signs of rolling.

Sleep sack

- Sleeveless sleep sacks are recommended to use. The sleep sack is recommended to fit properly so the infant's head cannot slip through the neck hole or cause excess material to cover or gather around the infant's face.
- Weighted sleep sacks are not recommended.
- Swaddle sleep sacks (with arm panels) can be used but are recommended to be discontinued once an infant reaches 2 months of age or sooner if showing signs of rolling.
- A written order stating a medical reason/diagnosis and time frame from a health care provider is required to use a weighted sleep sack or to continue to use a swaddle sleep sack after an infant shows signs of rolling.

Pacifier - not recommended to be attached to a clip/strap or to a stuffed animal or toy

Security item (specify item) _____

- Necklaces (including teething necklaces), bibs, headbands, hooded clothing, hats should be removed for sleep.

Name of Parent/Guardian (please print) _____

Parent/Guardian Signature _____ Date: _____

**** It is recommended to place a copy of this form in the infant's file as well as post near the infant's crib/playpen (out of infant's reach) for providers/staff to reference.**

Sources:

Caring for Our Children National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care, 4th Edition, 2019

ND Child Care Licensing Regulations

SIDS and Other Sleep Related Infant Deaths: Updated 2016 Recommendation for a Safe Infant Sleeping Environment, AAP, Pediatrics, 2016

AAP News, June 2013

Form provided by Child Care Aware® of North Dakota

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