BACK TO THE BASICS - SAFE SLEEP

October is Safe Sleep Month!!

It's the perfect time for all of us to pause, review our daily routines, and make sure we're hitting every safety standard for our infants. As teachers and caregivers, we hold a huge responsibility of keeping our littlest learners safe every time they close their eyes. Always remember the ABCs of Safe Sleep:

A - Alone: There should be nothing in the crib with the infant including blankets for infants under 12 months old. They can wear one-piece sleepers or wearable blankets. Pacifiers cannot be attached to clips, ribbons, or strings.

B - Back: Infants younger than 12 months should always be placed on their backs to sleep. If an infant is able to roll from their back to their stomach and from their stomach to their back independently, always begin sleep by placing them on their back. If the infant rolls onto their stomach during sleep, there is no need to roll them back over.

C - Crib: Babies belong in their assigned cribs for sleeping. Car seats, bouncers, and swings are not safe alternatives unless there is a sleep waiver signed by the doctor on file. Please be sure the crib sheet fits snug.

October gives us a reason to highlight these rules, but these practices protect our babies all year long. Let's support one another, stay vigilant, and keep our classrooms safe every single day.

STAY IN TOUCH

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