

Infant Safe Sleep Questions

There are so many products – how does our program decide what products are safe for infant sleep?

ECELS does not recommend specific products, however we can help you evaluate products using best practice standards for health and safety. Contact us at ecels@paaap.org or 800-243-2357.

Is there a sample Waiver Form for a medical reason for an infant not to sleep on his/her back?

The need for an alternative sleep position is extremely rare. ECELS recommends that a program consult their attorney about what should be done to minimize the liability risk if the program accepts a request from parents of a child with a medical reason for anything other than back-to-sleep positioning while the child is in the program. In such a circumstance, the child's care plan should specify the medical condition for alternative sleep positioning, the positioning required, the program's obligation for accommodation of this request under the Americans with Disability Act (ADA). The special care plan must be signed by the infant's physician. ECELS and the webinar presenters do not give legal advice.

Is it OK for infants to sleep in car seats, swings or an infant carrier, for example a sling?

Infants must always sleep flat on a firm mattress every nap or sleep time. Caring for Our Children, 3rd Ed Standard 3.1.4.1: Safe Sleep Practices and SIDS/Suffocation Risk Reduction states: Infants should not nap or sleep in a car safety seat, bean bag chair, bouncy seat, infant seat, swing, jumping chair, play pen or play yard, highchair, chair, futon, or any other type of furniture/equipment that is not a safety-approved crib (that is in compliance with the CPSC and ASTM safety standards).

Can we raise the head of the crib mattress if the infant is very congested or has other cold symptoms?

No – Infants must sleep flat on a firm mattress in a Consumer Product Safety Commission (CPSC) and ASTM approved product.