



MISSOURI DEPARTMENT OF SOCIAL SERVICES  
 CHILDREN'S DIVISION  
 SAFE SLEEP PRACTICES RECOMMENDED BY THE AMERICAN ACADEMY OF PEDIATRICS

The Children's Division has adopted the following recognized practices for resource providers regarding safe sleep of children placed in their home:

1. Place the baby on his/her back on a firm sleep surface such as a crib or bassinet with a tight-fitting sheet.
2. Use cribs and firm mattresses safety-approved by the Consumer Product Safety Commission (CPSC).
3. It's preferable for the baby to share a bedroom with caregivers, but NOT the same sleeping surface, preferably until the baby turns 1 but at least for the first six months.
4. Avoid use of soft bedding, including crib bumpers, blankets, pillows and soft toys. The crib should be free of these objects.
5. Infant sleep clothing, such as a wearable blanket, is recommended to keep the infant warm while reducing the chance of head covering or entrapment that could result from blanket use.
6. Sleep only 1 baby per crib.
7. Infants should be dressed appropriately for the environment, with no greater than 1 layer more than an adult would wear to be comfortable in that environment.
8. Caregivers should evaluate the infant for signs of overheating, such as sweating or the infant's chest feeling hot to the touch. Visually check on sleeping babies often.
9. Avoid baby's exposure to smoke, alcohol, and illicit drugs. Caregivers who smoke should do so outside. Supervision MUST be ensured if caregivers go outside to smoke.
10. Offer a pacifier at nap time and bedtime.
11. Supervised, awake tummy time is recommended daily to facilitate development.
12. Car seats should only be used in cars and should not be used for extended sleeping time. If an infant falls asleep in a sitting device such as a car seat, they should be removed from the product and moved to a crib or other appropriate flat surface as soon as is safe and practical.

I/we \_\_\_\_\_ have read the above listed safe sleep practices recommended by the American Academy of Pediatrics and accepted as policy by the Missouri Department of Social Services Children's Division. I understand and will adhere to these practices with infants placed in my home.

I/we have participated in discussion with the licensing worker regarding the dangers of co-sleeping with an infant and have discussed safe sleep practices as recommended above. I/we understand the dangers and will not co-sleep with an infant 1 year of age and younger.

(Print Name)	Signature	Date
(Print Name)	Signature	Date
CD Licensing Worker (Print Name)	CD Licensing Worker Signature	Date