

The American Academy of Pediatrics (AAP) 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/cracks before each use.

**Blankets, weighted blankets and sleep sacks, hooded clothing, headbands, hats, bibs and teething necklaces, necklaces, are not allowed during sleep.**

I have read the information on this form and give NDSU Wellness Center Child Care or Center for Child Development permission to use the following checked items when my infant (under 12 months) \_\_\_\_\_  
 is sleeping or preparing to sleep. Print Infant's Name

I request my infant to be swaddled.

- Swaddling will be discontinued once an infant shows signs of attempting to roll.
- The swaddle should not come any higher than to the shoulders of the infant; the swaddle should be loose enough for a hand to fit between the blanket and the infant's chest; the swaddle should be kept loose around infant's hips.
- 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 attempting to roll.

Sleep Sack

- Sleeveless, light weight sleep sacks are recommended. 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.
- Zipadee Zip style sleep sacks and similar style of sleep sack is not recommended
- Swaddle sleep sacks (with arm panels) can be used but are recommended to be discontinued once an infant shows signs of attempting to roll.

Pacifier

- Will not be attached to a clip/strap or to a stuffed animal/toy.

\_\_\_\_\_  
 Name of Parent/Guardian (printed)

\_\_\_\_\_  
 Signature of Parent or Guardian

\_\_\_\_\_  
 Date

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*  
*Sleep Related Infant Deaths: Updated 2022 Recommendation for Reducing Infant Deaths in the Sleep Environment, AAP, Pediatrics, 2022*

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