



Infant Sleep Permission Form

Prepared by the Health Consultant Team at Child Care Aware® of North Dakota

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. The pacifier is not recommended to be attached to the infant's clothing or to a stuffed animal/toy. The pacifier 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.

Parent/Guardian Authorization

I have read the information on this form and give _____
Print Name or Provider/Program

permission 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)
 - If infant is being swaddled, the blanket should not come any higher than to the shoulders of the infant; blanket needs to 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.
 - Swaddling is recommended by the AAP to be discontinued once the infant shows signs of rolling over or reaches 2 months of age.
 - Licensing requires swaddling to be discontinued once an infant become mobile.
- Sleep sack
 - Swaddle sleep sacks (with arm panels) can be used until the infant shows signs of rolling over or reaches 2 months of age. Once the infant shows signs of rolling over or reaches 2 months of age, sleeveless sleep sacks should be used.
- Pacifier
- Security item (specify item) _____

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, 3rd Edition, 2011
ND Child Care Licensing Regulations
Technical Report -SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment", AAP, Pediatrics 2011
Policy Statement – SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment", AAP, Pediatrics 2011
AAP News, June 2013
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