



## BACK TO SLEEP FOR BABIES IN FOSTER CARE EVERY TIME, WITH EVERY CAREGIVER

About 1 in 5 sudden infant death syndrome (SIDS) deaths occur while an infant is in the care of someone other than a parent or usual caregiver.

SIDS is defined as the sudden death of an infant under 1 year of age, which remains unexplained after a thorough case investigation, including performance of a complete autopsy, examination of the death scene, and review of the clinical history.

Unaccustomed tummy sleeping is when a baby who is used to sleeping on her back with 1 caregiver is then placed to sleep on her tummy by another caregiver. Unaccustomed tummy sleeping greatly increases the risk of SIDS.

Babies who are used to sleeping on their backs  
and then placed to sleep on their tummies are  
**18 times more likely to die**  
from SIDS than compared to babies who are placed  
to sleep on their backs every time, with every caregiver.

**REMEMBER:** Place babies to sleep on their backs *every time, with every caregiver*.

This means:

- Every night
- Every nap
- With babysitters, nannies, child care providers, relatives, birth parents, foster parents, and anyone else who may care for the baby

Sign the pledge to place the baby in your care on her back!

The pledge on the second page is to be reviewed and signed by **anyone** who is providing care for a baby, including child care providers.

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For more information on...

The American Academy of Pediatrics policy statement on safe sleep:  
<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;116/5/1245>

Safe sleep in child care:  
[www.healthychildcare.org/sids.html](http://www.healthychildcare.org/sids.html)

Health of children in foster care:  
[www.aap.org/fostercare](http://www.aap.org/fostercare)



I \_\_\_\_\_ pledge to place \_\_\_\_\_,  
name of parent (foster, birth, or adoptive) or kin name of child

the baby in my care, to sleep on her back every night, and for every nap. (Please note: When the baby can easily turn over from back to tummy and tummy to back, still place the baby to sleep on her back, but allow her to adopt whatever position she prefers for sleep.)

**In addition, I pledge to do the following to reduce the risk of SIDS:**

(Initial)

\_\_\_\_\_ I understand that side sleeping is not as safe as the back and is not recommended. Babies sleeping on their sides are more likely to accidentally roll onto their tummies.

\_\_\_\_\_ I will place the baby in a safety-approved crib with a firm mattress and a well-fitting sheet. If I decide to use a cradle or bassinet, I will only choose those that are JPMA (Juvenile Products Manufacturers Association) certified for safety.

\_\_\_\_\_ I will not place toys or other soft bedding (including fluffy blankets, comforters, pillows, stuffed animals, and wedges) into the crib with the baby.

\_\_\_\_\_ I will avoid letting the baby get too hot and will dress her lightly for sleep. I will set the room temperature for a lightly clothed adult.

\_\_\_\_\_ I will not cover the baby's head with a blanket or overbundle her with clothing and blankets.

\_\_\_\_\_ I will consider using sleep clothing, such as sleepers, sleep sacks, and wearable blankets, as alternatives to blankets.

\_\_\_\_\_ I will not use wedges or infant positioners, since there is no evidence that they reduce the risk of SIDS.

\_\_\_\_\_ I will place the crib in an area that is always smoke free. I will not smoke around the baby.

\_\_\_\_\_ I will not place the baby to sleep on an adult bed, chair, sofa, waterbed, or cushion.

\_\_\_\_\_ I understand that bed sharing with the baby can be hazardous. If the baby is brought into bed for feeding or comforting, I will return the baby to her crib or bassinet when I am ready to return to sleep.

\_\_\_\_\_ I will not let the baby share a bed with other children.

\_\_\_\_\_ I understand that supervised "tummy time" for awake babies can help them strengthen their muscles and help them to develop normally.

\_\_\_\_\_ I will share this important information with others (eg, foster AND birth parents) who may care for the baby. I will ask that the baby be placed to sleep on her back every night, and for every nap.

