

Admission Documentation

Safe sleep education provided to parent/guardian. Instructed parent/guardian that safe sleep practices for babies will help reduce the risk of SIDS.

Educated the parent/guardian on the following items:

Safe Sleep Environment

The baby should be placed on their back in a safety approved crib for naps and nighttime until age 1.

The mattress should not be inclined.

Utilize a tightly fitted sheet for your mattress covering.

Babies need their own sleep space and should not be placed in the bed with another person.

The crib should be clutter free of blankets, pillows, stuffed animals, bumper pads and other items.

A pacifier that is not attached to a strap or stuffed animal is an acceptable item to remain with your baby while in their sleep space.

Car seats, swings and other inclined devices are not approved for a safe sleep environment.

Safe sleep environment at home: _____

Clothing & Temperature

Avoid overheating by dressing your infant with no more than one layer of additional clothing than an adult would wear in that same environment.

No loose blankets. A wearable sleep sack is recommended if needed.

Swaddling can be utilized during sleeptime. The swaddle should fit snugly but not too tight.

Developmental milestones

If your baby is getting close to rolling over, discontinue the use of swaddles.

Even if your baby can roll over, they should always be placed to sleep on their back first.

Smoking

Avoid smoking or exposing your baby to secondhand smoke.

Parent/Guardian verbalized understanding of safe sleep education provided.

Each Assessment Documentation

HSE

Supine in crib, head of bed flat, single sheet under infant, no loose blankets, linens or other items in crib

ITP

Physician order for infant therapeutic positioning based on patient condition.

Unsafe Sleep Environment Documentation

Patient found in an unsafe sleep environment upon entering the room.

Description of sleep environment found:

Safe sleep Education provided (checked areas for education covered)

___ Your baby should be placed on his/her back in a safety approved crib.

___ Your baby needs their own sleep space and should not be placed in the bed with another person.

___ Sleep positioning items should only be utilized with a physician order.

___ The crib should be clutter free of blankets, pillows, stuffed animals, and other items.

___ A pacifier that is not attached to a strap or stuffed animal is an acceptable item to remain with your baby.

___ Car seats, swings and other inclined devices are not recommended for sleep.

___ Avoid overheating by dressing your infant with no more than one layer of clothing more than an adult would wear in that same environment.

___ Offered respite care to parent/guardian by offering to take the infant to the nursing station with staff to allow parent/guardian to rest.

Parent/guardian verbalized understanding of safe sleep education provided.

Prior to leaving the room RN placed infant in safe sleep environment as follows:

Discharge Documentation

Proper safe sleep practices for babies will help reduce the risk of SIDS.

Please utilize the following safe sleep practices to ensure a home safe sleep environment.

Safe Sleep Environment

The baby should be placed on their back in a safety approved crib, bassinet or playard for naps and nighttime until age 1.

The mattress should be firm, flat and not inclined.

Utilize a tightly fitted sheet for your mattress covering.

Babies need their own sleep space and should not be placed in the bed with another person.

The crib should be clutter free of blankets, pillows, stuffed animals, bumper pads and other items.

A pacifier that is not attached to a strap or stuffed animal is an acceptable item to remain with your baby while in their sleep space.

It is recommended that you share a room with your baby for the first 6 months of life, but do not bed share.

Remember that if you travel, you need to provide the same safe sleep space as you provide at home.

Car seats, swings and other inclined devices are not approved for a safe environment.

Clothing & Temperature

Avoid overheating.

Dress your infant with no more than one layer of clothing more than an adult would wear in that same environment.

No loose blankets.

Keep the room at a comfortable temperature. (68-72 degrees Fahrenheit)

A wearable sleep sack is recommended if needed.

Weighted sleep sacks are not recommended and could cause overheating.

Swaddling has not been shown to protect against infant sleep-related deaths but can be utilized during sleeptime. The swaddle should fit snugly but not too tight.

Developmental milestones

If your baby is getting close to rolling over, discontinue the use of swaddles.

Even if your baby can roll over, they should always be placed to sleep on their back first.

Smoking

Avoid smoking or exposing your baby to secondhand smoke.

It's important that everyone who cares for your baby-like family members or daycare providers also follows the same safe sleep practices when caring for your baby.

