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. Pacifiers should be checked for tears before each use.

Blankets, bibs and teething necklaces are not allowed during sleep.

Parent/Guardian Authorization

I have read the information on this form and give NDSU Center for Child Development or the Wellness Childcare Center permission to use the following checked item(s) when my infant (under 12 month's old) ____________________

is sleeping or preparing to sleep:

☐ Sleep sack
   • Swaddle sleep sacks (with arm panels) are recommended to be discontinued once an infant reaches 2 months of age or sooner if showing signs of rolling. Once the infant shows signs of rolling over or reaches 2 months of age, sleeveless sleep sacks should be used.

☐ Pacifier - not allowed to be attached to a clip/strap or to a stuffed animal or toy

Name of Parent/Guardian (please print) __________________________________________________________

Parent/guardian Signature ____________________________________________  Date: ___________________

Sources:
ND Child Care Licensing Regulations
AAP News, June 2013