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 NDSU Wellness Center Child Care permission to use the following checked item (s) when my infant (under 12 months old) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is sleeping or preparing to sleep.

Sleep Sack

* Swaddle sleep sacks (with arm panels) can be used until the infant shows signs of rolling over. Once the infant shows signs of rolling over, sleeveless sleep sacks should be used.

Pacifier

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name of Parent/Guardian

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Signature of Parent/Guardian Date

*Sources:*

*Caring for Our Children National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care, 2011.*

*ND Child Care Licensing Regulations.*

*Technical Report – “SIDS and Other Sleep-Related Infant Death: Expansion 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.*