

Quality Care For Kids Newsletter

October 2026 | October is Sudden Infant Death Syndrome (SIDS) Awareness Month

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Every child care professional should know, promote, and follow the American Academy of Pediatrics (AAP) safe sleep recommendations with every baby to help reduce the risk of SIDS and prevent accidental sleep-related deaths.

Infants should always be sleeping:

- **ALONE** without blankets, pillows, toys, other infants or caregivers.
- On their **BACK** completely flat on a firm, non-inclined surface.
- In a **CRIB**, pack n play or bassinet that meets current safety standards.



Following the ABCs of infant safe sleep can be challenging when families ask child care providers to make exceptions such as placing a baby in a different sleep position, allowing blankets or stuffed toys in the crib, or using weighted sleepwear. When these requests conflict with safe sleep guidelines, providers need a respectful, confident way to respond.

Safe Sleep Strategies

A child care provider can address unsafe requests by focusing on three key strategies.

Educating families

Sharing why safe sleep matters reinforces that a baby's health and safety is your top priority and builds trust with parents.

Using a clear, signed safe sleep policy

A written policy helps set expectations from the start and provides a consistent reference point when questions or concerns arise.

Referencing the Iowa SIDS Foundation's guide

The Safe Infant Sleep for the Child Care Professional guide offers practical tips for supportive and culturally aware safe sleep conversations with families.

Remember, sleep-related accidents can happen any time during sleep, including naps and nighttime, and can occur in infant homes and child care settings. Safe sleep is everyone's responsibility. It is important to keep infants safe during all sleep times.



Scan the QR code to find your local CCNC or visit online at <https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>

For FREE safe sleep resources, crib cards, posters and the guide book visit the Iowa SIDS Foundation site.

iowasids.org/what-we-do/programs-and-services/education/



Visit the Iowa HHS website for helpful measles information.

hhs.iowa.gov/health-prevention/disease-information/measles



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