

Changes to NC Child Care Rules Pertaining to Infant Safe Sleep

These changes went into effect October, 2017 in the CHAPTER 9 - CHILD CARE RULES 10 A NCAC 09

Changes Applying to Child Care Centers

.0606: Each center licensed to care for infants aged 12 months or younger shall develop, adopt, and comply with a written safe sleep policy that:

- specifies no pillows, wedges or other positioners, pillow-like toys, blankets, toys, bumper pads, quilts, sheepskins, loose bedding, towels and washcloths, or other objects may be placed with a sleeping infant aged 12 months or younger; **.0606 (a)(2)**
- specifies that children shall not be swaddled; **.0606 (a)(3)**
- specifies that caregivers shall visually check, in person, sleeping infants aged 12 months or younger at least every 15 minutes; **.0606 (a)(6)**
- specifies how caregivers shall document compliance with visually checking on sleeping infants aged 12 months or younger; **.0606 (a)(7)**
- specifies that pacifiers that attach to infant clothing shall not be used with sleeping infants **.0606 (a)(8)**
- specifies that infants aged 12 months or younger are prohibited from sleeping in sitting devices, including car safety seats, strollers, swings, and infant carriers. Infants that fall asleep in sitting devices shall be moved to a crib, bassinet, mat, or cot. **.0606 (a)(10)**
 - The words “at the earliest time possible” were removed.

.0606 (b): The center shall post a copy of its safe sleep policy about infant safe sleep practices in a prominent place in the infant room.

- The words “Or poster” were removed.

.0606 (e)(3): A caregiver shall place a child age 12 months or younger on the child’s back for sleeping, unless for a child age 6 months or younger, the operator obtains a written waiver from a health care professional; or for a child older than 6 months, the operator obtains a written waiver from a health care professional or parent. Waivers shall include the following:

- (1) the infant’s name and birth date
- (2) the signature and date of the infant's health care professional or parent ;
- (3) if a wedge is needed specify why it is needed and how it should be used; and
- (4) the infant’s authorized sleep positions.

.0606 (g): Documents that verify staff member’s compliance with visual checks on infants shall be maintained for a minimum of one month.

.0606 (h): A bed, crib, or cot, equipped with a firm waterproof mattress at least four inches thick and a fitted sheet shall be provided for each child who remains in the center after midnight. The top of bunk beds shall be used by school-age children only.



Changes Applying to Family Child Care Homes

.1724: Each operator licensed to care for infants aged 12 months or younger shall develop, adopt, and comply with a written safe sleep policy that:

- specifies no pillows, wedges or other positioners, pillow-like toys, blankets, toys, bumper pads, quilts, sheepskins, loose bedding, towels and washcloths, or other objects may be placed in a crib with a sleeping infant aged 12 months or younger; **.1724 (a)(3)**
- specifies that children shall not be swaddled **.1724 (a)(4)**
- specifies the operator shall visually check sleeping infants aged 12 months or younger at least every 15 minutes; **.1724 (a)(7)**
- specifies how the operator shall document compliance with visually checking on sleeping infants aged 12 months or younger **.1724 (a)(8)**
- specifies that pacifiers that attach to infant clothing shall not be used with sleeping infants; **.1724 (a)(9)**
- specifies that infants 12 months or younger shall sleep alone in a crib, bassinet, mat, or cot; **.1724 (a)(10)**
- specifies that infants aged 12 months or younger shall be prohibited from sleeping in sitting devices, including car safety seats, strollers, swings, and infant carriers. Infants that fall asleep in sitting devices shall be moved to a crib, bassinet, mat, or cot; **.1724 (a)(11)**

.1724 (e) (3): The operator shall place a child aged 12 months or younger on the child's back for sleeping, unless for a child age 6 months or younger, the operator obtains a written waiver from a health care professional; or for a child older than 6 months, the operator obtains a written waiver from a health care professional or parent. Waivers shall include the following:

- (1) the infant's name and birth date;
- (2) be signed and dated by the infant's health care professional or parent;
- (3) if a wedge is needed specify why it is needed and how it should be used; and
- (4) the infant's authorized sleep positions.

.1728 (a): A safe and comfortable bed, crib, or cot, equipped with a firm waterproof mattress at least four inches thick and a fitted sheet shall be provided for each child who remains in the home after midnight. The top of bunk beds shall be used by school - age children only.

.1728 (c): An operator licensed to care for children overnight may sleep during the nighttime hours when all the children are asleep, provided:

- (1) the operator and the children in care, excluding the operator's own children, are on ground level;
- (2) the operator can hear and respond to the children; and
- (3) a battery operated smoke detector or an electrically operated (with a battery backup) smoke detector is located in each room where children are sleeping.