

# Infant Sleep Permission Form

The American Academy of Pediatrics (AAP) 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/cracks before each use.

## 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.

\* Blanket and sleep sack cannot be used at same time

\* Providers are not required to allow these items.

## Parent/Guardian Authorization

I have read the information on this form and give \_\_\_\_\_ permission  
*Print Name of Provider/Program*

to use the following checked item(s) when my infant \_\_\_\_\_ is sleeping or preparing  
to sleep: *Print Infant's name*

One infant blanket (a thin blanket is recommended)

- Weighted blankets are not recommended by the AAP.
- A written order from a health care provider stating a medical reason/diagnosis and time frame is required by licensing to use more than one blanket or use a weighted blanket.

I request my infant to be swaddled:  Yes  No

- Swaddling is required by licensing and recommended by the AAP to be discontinued once an infant shows signs of attempting to roll.
- If the infant is being swaddled, the blanket should not come any higher than to the shoulders of the infant; blanket should be loose enough for a hand to fit between the blanket and the infant's chest; blanket should be kept loose around infant's hips.
- A written order stating a medical reason/diagnosis and time frame from a health care provider is required by licensing to continue swaddling after an infant shows signs of attempting to roll.

Sleep sack

- Sleeveless sleep sacks are recommended to use. The sleep sack is recommended to fit properly so the infant's head cannot slip through the neck hole or cause excess material to cover or gather around the infant's face.
- Lightweight sleep sacks are recommended to prevent overheating.
- Weighted sleep sacks are not recommended by the AAP.
- Swaddle sleep sacks (with arm panels) can be used but are recommended to be discontinued once an infant shows signs of attempting to roll.
- A written order stating a medical reason/diagnosis and time frame from a health care provider is required by licensing to use a weighted sleep sack or to continue to use a swaddle sleep sack after an infant shows signs of attempting to roll.

Pacifier - not recommended by the AAP to be attached to a clip/strap or to a stuffed item/blanket

Security item (specify item) \_\_\_\_\_ - security items are not recommended by the AAP

- A written order from a health care provider is required by licensing to use a weighted security item.

\*Necklaces (including teething necklaces), bibs, headbands, hooded clothing, hats are recommended to be removed for sleep.

Name of Parent/Guardian (please print) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

**\*\* It is recommended to place a copy of this form in the infant's file as well as post near the infant's crib/playpen (out of infant's reach) for providers/staff to reference.**

Sources:

Caring for Our Children National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care, 4th Edition, 2019

ND Child Care Licensing Regulations

Sleep Related Infant Deaths: Updated 2022 Recommendation for Reducing Infant Deaths in the Sleep Environment, AAP, Pediatrics, 2022

Revised July 2024

Child Care Aware® of North Dakota grants users' permission to reproduce this document for educational purposes.