

## Parent Directive for Infant Sleep Position

The [National Institute of Child Health and Human Development](#) and the [Minnesota SID Center](#) at Children's Hospitals and Clinics of Minnesota **recommend back sleeping for babies.**

Licensed providers must place an infant in a crib to sleep. Minnesota law requires that licensed providers place infants to sleep in a crib, directly on a firm mattress, and must position the infant on his/her back for sleep unless the provider has a signed directive from a parent or legal guardian for an alternate sleep position. Car seats, swings, couches, the floor on a blanket, etc. are **not** acceptable as an alternative sleep position.

**This form is the approved format to direct an alternate sleep position.**

In addition, Minnesota law requires licensed providers to use a fitted crib sheet that fits tightly on the mattress and overlaps the mattress so it cannot be dislodged by pulling on the corner of the sheet, and licensed child care providers must use only cribs that meet specific crib requirements specified in statute and must check cribs monthly to assure they are safe. These requirements apply to license holders serving infants up to and including 12 months of age.

### Because babies sleep safest on their backs.

One of the easiest ways to lower a baby's risk of Sudden Infant Death Syndrome (SIDS) is to put him or her on the back to sleep for naps and at night. Health care providers used to think that babies should sleep on their stomachs, but research now shows that babies are less likely to die of SIDS when they sleep on their backs. Since the recommendation to place a baby on his/her back for sleep began, the SIDS rate in the United States has dropped by more than 50 percent. **Placing babies on their back to sleep is the No. 1 way to reduce the risk of SIDS.**

### The following are recommended for Safe Sleep for Your Baby:

1. Your baby should always be put on his or her back to sleep, for naps and at night. **The back sleep position is safest and every sleep time counts.**
2. Your baby should be put to sleep on a firm sleep surface, such as on a safety-approved crib mattress, covered by a fitted sheet. **Never** place a baby to sleep on a pillow, quilts, sheepskins or other soft surfaces.
3. Keep soft objects, toys and loose bedding out of the baby's sleep area. **Don't use** pillows, blankets, quilts, sheepskins and pillowlike crib bumpers in baby's sleep area, and keep any other items away from baby's face.
  - By signing this form I am acknowledging that I have read the above information regarding Minnesota's recommendations for sleeping babies, Minnesota's requirements for licensed providers and the recommendations for **Safe Sleep for Your Baby.**
  - By signing this form I am acknowledging that I am aware that placing a baby on her/his back for sleep has been recommended by health experts to be the safest way to place baby for sleep.
  - By signing this form I am acknowledging that I am aware that since the recommendation to place babies on their back for sleep began, the SIDS rate in the United States has dropped by more than 50 percent.
  - By signing this form I am acknowledging that I am aware that placing a baby on the tummy, or other alternate position other than on the back for sleep, places the baby at greater risk for dying from Sudden Infant Death Syndrome (SIDS).
  - By signing this form I am acknowledging that I am aware that Minnesota Statute, Section 245A.1435, requires licensed providers to position an infant on the back for sleep unless the provider has a signed directive from a parent or legal guardian for an alternate sleep position.



# Parent Directive for Alternative Infant Sleep Position

By signing this form I am acknowledging that I have read the information on Page 1 about **Safe Sleep for Your Baby** and that I am directing my provider to always place my baby in an **approved crib** and to always:

Place my baby on his/her tummy for sleep periods; **OR**  
*(not recommended)*

Place my baby in another alternate position for sleep periods.  
*(not recommended)*

(List alternate position). \_\_\_\_\_  
(Licensed providers must place an infant in a crib to sleep. Car seats, swings, couches, the floor on a blanket, etc. are **not** acceptable as an alternative sleep position.)

|                                       |            |
|---------------------------------------|------------|
| NAME OF CHILD                         | BIRTH DATE |
| SIGNATURE OF PARENT OR LEGAL GUARDIAN | DATE       |
| SIGNATURE OF PROVIDER                 | DATE       |

A copy of this directive must be kept in the infant's file.

This information is available in alternative formats to individuals with disabilities by calling (651) 296-3971. TTY users can call through Minnesota Relay at (800) 626-3529. For Speech-to-Speech, call (877) 627-3848. For additional assistance with legal rights and protections for equal access to human services programs, contact our agency's ADA coordinator.