

# Use of Infant Monitors While Children Sleep

## Safe Sleep Guidance



### Applicable Rules

#### 414-205-0075 Supervision of Children – Registered Family

The provider or a substitute provider is responsible for the children in care. At all times the provider or substitute provider must:

- (1) Be within sight or sound of all children;
- (2) Be aware of what each child is doing;
- (3) Be near enough to children to respond when needed;
- (4) Be physically present when there are children under the age of 36 months playing outside; and
- (5) Be physically present when kindergarten-age or younger children are playing outside, unless the outside play area is fully fenced and hazard free.

#### 414-350-0120(2) Caregiver/Child Ratios and Supervision – Certified Family

- (2) Children shall at all times have the full attention of and be supervised by the required number of caregivers:
  - (a) Children shall be within sight and/or sound of a caregiver at all times;
  - (b) A caregiver shall be near enough to children to respond when needed. Children out of direct contact shall be monitored regularly and frequently and must be in approved activity areas;
  - (c) Children may not be on a floor level of the home unless a caregiver is on the same floor level, except as specified in OAR 414-350-0120(2)(d);

### Use of Infant Monitors

Infant monitors may be used to supplement supervision while children sleep, but do not take the place of direct visual or auditory supervision. Manufacturers user manuals for infant monitors warn that monitors **do not** take the place of adult supervision.

**As monitors cannot alert the caregiver to silent activities of children (suffocation, choking), the caregiver must do visual and audio checks of the sleeping children frequently enough to ensure that the caregiver is aware of what each child is doing and can respond when necessary.**

### Sleep Environment

- The door to where children are sleeping must remain open for unobstructed hearing and allow the caregiver to do visual checks.
- The room must have enough lighting so that the caregiver can see children breathing and can recognize signs of distress (change in skin color, excessive sweating, etc.).
- Background noise (such as music, nature sounds) must be low enough that the provider can supervise by sound.
- All safe sleep rules for infants apply.



## Best Practice

Though Office of Child Care (OCC) rules specify that children can be within sight **or** sound of a caregiver, best practice is that children are directly supervised by qualified caregivers. Being within sight and sound of children, especially while they are sleeping, allows for the caregiver to respond to children's needs quickly and allows for a safer and faster evacuation in case of an emergency. If children are not sleeping in the same room as a caregiver, infant monitors may be used in addition to supervision by sight and/or sound. **Note:** In addition to being within sight **or** sound, the rules further state that you must be aware of what each child is doing and be near enough to children to respond when needed.

## Things to Remember

- If the monitor uses batteries, they must be checked regularly for power.
- The volume of the monitor must be high enough that it can be easily heard over the other sounds of the home (playing children, dishwasher, television, music, etc.) and should be kept on at all times children are sleeping.
- Cords must be kept out of the crib area and the monitor should not be placed in the crib or on the sleeping surface.

## FAQ

1. Can a monitor be used to supervise sleeping children while the provider and other children are playing outside?

Since a monitor does not replace visual or auditory supervision, then a caregiver would not be in compliance with supervision rules if outside the home while children sleep inside.

2. What about monitors that have both audio and visual capabilities?

Though these monitors feel like they provide better supervision, they do not replace a caregiver being within sight or sound of sleeping children.



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## Sources:

Oregon Administrative Rules, Oregon Department of Education, Early Learning Division, Chapter 414, Divisions 205 [Registered Family Child Care Homes](#) and 350 [Certified Family Child Care Homes](#).

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