

# Infant Safe Sleep Guidance

## Sleep Sack Guidance



### According to the following rules:

Certified Center: 414-300-0300(6)(i);

Certified Family: 414-350-0220(7)(i);

Registered Family: 414-205-0090(11)(i);

**“Swaddling or other clothing or covering that restricts the child’s movement is prohibited.”**

Blankets are not allowed in any type of child care while infants are sleeping. Instead of using blankets, the use of sleep sacks is allowed as long as they do not swaddle the infant and/or restrict their movement.

### Examples of ACCEPTABLE types of sleep sacks

Arms and legs freely move



### These types of sleep sacks are NOT allowed

Restricts/potentially restricts arm movement and/or contains Velcro enclosure



Weighted on the chest



May be a contributor to overheating\* and hazard when a baby can roll



Clothes with a hood



\*Infants are vulnerable to overheating when they are overdressed and cannot regulate their body temperatures well according to the National Institute of Health. Studies have shown that heavy clothing increases SIDS risk.

### Additional resources:

- A copy of the safe sleep handout is available from your licensing specialist
- For more information about Safe Sleep visit the following website: [safetosleep.nichd.nih.gov](https://safetosleep.nichd.nih.gov)
- For information on crib safety guidelines see Consumer Product Safety Commission (CPSC): [cpsc.gov](https://cpsc.gov)
- Rules for all types of child care and safe sleep resources can be founded on the Early Learning Division website: [oregonearlylearning.com/news-resources/resource-library/](https://oregonearlylearning.com/news-resources/resource-library/)

### Sources:

Oregon Administrative Rules, Oregon Department of Education, Early Learning Division, Chapter 414, Divisions 205 [Registered Family Child Care Homes](#), 300 [Certified Child Care Centers](#), and 350 [Certified Family Child Care Homes](#).

You are entitled to language assistance services and other accommodations at no cost. If you need help in your language or other accommodations, please contact the Office of Child Care at 503-947-1400.