


Safe sleep questions to ask a childcare facility

When looking for childcare for your baby, it is important to ask all necessary safety questions. Safe sleep practices are often an overlooked safety measure that parents and/or caregivers should feel empowered to address when picking the best provider for their childcare needs. These questions will help you assess whether the provider is informed about safe sleep practices and if this is a safety measure they prioritize within their childcare setting.



Does the childcare facility recognize the American Academy of Pediatrics guidelines for safe sleep?

A - Alone: No blankets, bumper pads, toys or other objects
B - On back
C - In a crib, bassinet or pack n play

What sleeping arrangements are used for newborns and infants?

Does the facility allow more than one infant in a bassinet, crib or pack n play?

Infants should sleep alone always regardless of where or what they are sleeping in.

If provided, where does tummy time take place?

Tummy time should always occur on the floor and with supervision from the parent or caregiver.

Does the parent or guardian need to provide any supplies for naps?

Such as a sleep sack or pacifier.

What safety protocols are in place for emergencies or babies with unique circumstances?

What would facility staff do if a baby fell asleep in a car seat, swing or bouncy seat?

If your baby falls asleep in their car seat they should always be moved to their safe sleep place when possible.

What is the sleep protocol for babies who are congested or sick?

Even when your baby is sick the safest place for them is on their back. Another recommendation to ensure your baby is able to rest is to hold them upright on your chest but ensuring you do not fall asleep with them.

Will infants be exposed to anyone who smokes (staff member, other parents, etc.)?

If the answer is yes, what is the facility's protocol to keep newborns and infants from being exposed to smoke or secondhand smoke?