

PREVENTION OF SHAKEN BABY SYNDROME/ ABUSIVE HEAD TRAUMA & SAFE SLEEP POLICY

Provider's Name: _____

It is important to provide infants with a safe place to grow and learn. I have established this policy to prevent, recognize, respond to and report shaken baby syndrome and abusive head trauma (SBS/AHT), as well as implement safe sleep practices. As a family day care home provider, I understand the importance of ensuring the health and safety of children, providing quality care and educating families.

Shaken Baby Syndrome/Abusive Head Trauma (SBS/AHT)

Procedure

Recognizing SBS/AHT:

- Children will be observed for signs of abusive head trauma including irritability and/or high pitched crying, difficulty staying awake, loss of consciousness, difficulty breathing, inability to lift the head, seizures, lack of appetite, vomiting, bruising, poor feeding or sucking, no smiling or vocalization, inability of eyes to track and/or decreased muscle tone.

Responding to SBS/AHT:

- If SBS/AHT is suspected, the provider and/or assistant will:
 - Call 911 immediately upon suspecting SBS/AHT.
 - Call the parents or guardians.
 - If the child has stopped breathing, a trained staff will begin pediatric CPR.

Reporting SBH/AHT:

- Instances of suspected maltreatment of a child are reported to Arlington County Child Protective Services by calling 703-228-1500 or by calling the toll-free number of the Child Abuse and Neglect hotline at 1-800-552-7096.

Prevention strategies for caregivers to cope with a crying child:

- Check the child to determine if they are hungry, tired, sick or need a diaper change.
- Rock the child, hold the child close or walk with the child.
- Sing or talk to the child in a soothing voice.
- Rub the child's back, chest, or tummy gently.
- Provide the child with a pacifier, rattle or toy.
- Take the child for a ride in a stroller.
- Play soft music.

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In addition, the provider will:

- Allow caregivers who feel they may lose control to have a short break away from the children.
- Provide support when parents/guardians are trying to calm a crying child and encourage parents to take a calming break if needed.

SAFE SLEEP

Safe sleeping practices and prevention strategies for sudden infant death syndrome:

- Each infant will be provided with an individual crib.
- Consumer Product Safety Commission (CPSC) safety-approved cribs will only be used for infants.
- Infants will be placed flat on their backs to sleep unless otherwise ordered by a written statement signed by the child's physician.
- A firm surface, such as a mattress will be used for infant sleeping. The mattress will fit snugly to the crib and will be covered with a fitted sheet.
- Soft bedding, such as pillows, quilts, and comforters will not be used in the infant's sleeping area.
- Crib sides will always be up with the fastenings secured when occupied.
- An infant who falls asleep in a play space other than their crib, will be moved promptly to their designated sleeping space.
- Smoking will not be allowed in the home while children are in care.
- Crib bumper pads will not be used.

Supervision of sleeping infants:

- Sleeping infants will be placed in cribs within sight and hearing supervision of the provider or staff at all times.
- The provider or staff will visibly check on sleeping infants at least once every 15 minutes if the infant is sleeping in a separate area. The provider will use a baby monitor for additional monitoring of sleeping infants between each 15-minute interval.
- Infants will spend limited time confined in a crib, play pen, high chair or other confining piece of equipment.

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TRAINING

- The provider, substitute provider and assistants will be trained on shaken baby syndrome/abusive head trauma and safe sleep policies and practices.
- The provider will review *The Period of Purple Crying* prevention program materials that are provided by Arlington County Department of Human Services, Child and Family Services Division.
- The provider will ensure that any staff who cares for and has direct contact with children will review *The Period of Purple Crying* prevention program materials.

APPLICATION PLAN FOR CAREGIVERS AND PARENTS:

- The family day care home provider shall review this policy with current substitute providers, assistants and parents/guardians within thirty (30) days of adopting this policy.
- The family day care home provider shall review this policy with all new substitute providers and assistants prior to working alone with children and within seven (7) days of hire.
- A copy of this policy shall be given and explained to the parents/guardians of newly enrolled children on or before the first day of enrollment.
- Substitute providers, assistants and parents/guardians will sign an acknowledgement form of receipt of this policy that includes the individual's name, signature, and the date the individual signed the acknowledgement.
- The child care provider shall keep the SBS/AHT acknowledgement form in each staff member and child's record.

Policy Effective Date: _____

This policy was reviewed and approved by: _____
(Family Day Care Home Provider)

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Parent or Guardian Acknowledgement Form

I, the parent/guardian of _____
(Child's Name)

acknowledge that I have read and received a copy of the family day care home's Shaken Baby
Syndrome/Abusive Head Trauma Policy.

Provider's Name: _____

Parent/Guardian's Name: _____

Parent/Guardian's Signature: _____

Date: _____

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Substitute Provider/Assistant Acknowledgement Form

I, _____ acknowledge that I have read
(Substitute Provider/Assistant)
and received a copy of the family day care home's Shaken Baby Syndrome/Abusive Head Trauma
Policy.

Provider's Name: _____

Substitute Provider/Assistant's Signature: _____

Date: _____

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RESOURCES

National Center on Shaken Baby Syndrome: www.dontshake.org

The Period of Purple Crying: www.purplecrying.info

American Society for the Positive Care of Children: www.americanspcc.org

National Institutes of Health, Safe to Sleep Campaign: www.safetosleep.nichd.nih.gov

Centers for Disease Control and Prevention, Safe Sleep for Babies:
www.cdc.gov/vitalsigns/safesleep/index.html