

PHYSICIAN DIRECTIVE FOR ALTERNATIVE INFANT SLEEP POSITION

The American Academy of Pediatrics (AAP)*, National Institute of Child Health and Human Development (NICHD) and the Minnesota Sudden Infant Death (SID) Center at Children's Hospitals and Clinics of Minnesota recommend back sleeping for babies to reduce the risk of sudden unexpected infant deaths (SUID) due to sudden infant death syndrome, suffocation, and other sleep related causes. The 2011 AAP recommendation further states that an alternative sleep position be considered only for the rare exception of infants for whom the risk of death when sleeping on the back is greater than the risk of SUID when sleeping on the stomach. **Babies sleep safest on their backs.**

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

This form is the approved format for a physician to direct an alternative sleep position and must remain on file at the licensed location.

In addition, Minnesota law requires licensed providers to use a fitted crib sheet that fits tightly on the mattress and overlaps the underside of the mattress so it cannot be dislodged by pulling on the corner of the sheet with reasonable effort. Nothing may be placed in crib with the infant except the infant's pacifier. These requirements apply to license holders serving infants up to one year of age. Licensed providers may only use cribs that meet requirements specified in statute and must inspect cribs monthly to assure they are safe.

Child Information

<i>Child Last Name:</i>	<i>Child First Name:</i>	<i>Child Date of Birth (mm/dd/yyyy):</i>
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Physician Directive

I understand that back sleeping is recommended and is safest for babies. I am directing an alternative position for this infant for the reason(s) stated below. By signing this form I am acknowledging that I am directing only an alternative sleep position and that the infant must always be placed in an approved crib to sleep.

- Place this infant on his/her STOMACH for sleep periods (not recommended); OR
- Place this infant on his/her SIDE for sleep periods (not recommended)

Medical Reason(s) for alternate sleep position:

Expected duration of need for alternate sleep position:	<i>Months:</i>	<i>Days:</i>	When infant alternative sleep position will be re-evaluated:	<i>Date (mm/dd/yyyy)</i>
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<i>Physician Last Name:</i>	<i>Physician First Name:</i>	<i>Physician Signature:</i>	<i>Date (mm/dd/yyyy)</i>
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Parent/Provider Signatures

<i>Parent/Guardian Signature:</i>	<i>Date (mm/dd/yyyy)</i>	<i>Provider Signature:</i>	<i>Date (mm/dd/yyyy)</i>
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PARENT STATEMENT FOR INFANT LESS THAN SIX MONTHS AGE REGULARLY ROLLING OVER

Alternative Infant Sleep Position Parent and Provider Information

One of the easiest ways to lower a baby's risk for Sudden Unexpected Infant Death (SUID) due to sudden Infant Death Syndrome (SIDS), suffocation, and other sleep related causes, is to put the baby 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 SUID when they sleep on their backs. Since the recommendation to place a baby on their 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 best way to reduce the risk of SUID.

The following are recommended for Safe Sleep for Your Baby:

- 1) Always place a baby on his or her back to sleep, for naps and at night. The back sleep position is the safest position for all babies and every sleep time counts.
 - 2) A baby should be put to sleep in a safety-approved crib on a firm mattress covered by a fitted sheet appropriate to the mattress size.
 - 3) Keep soft objects, toys, loose bedding, pillows, blankets, quilts, sheepskins and crib bumpers out of the baby's sleep area. The only item that should be placed in the crib with the baby is a pacifier. **Please note: In licensed programs, the only item allowed in a crib with an infant is a pacifier.**
- As the parent providing this physician signed form I am acknowledging that I am aware that:
 - 1) Placing a baby on her/his back for sleep has been recommended by health experts to be the safest way to place a baby for sleep. The Safe Sleep for Your Baby Brochure may be viewed at: https://www.nichd.nih.gov/publications/pubs/Documents/STS_SafeSleepForYourBaby_General_2013.pdf
 - 2) 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.
 - 3) Placing a baby on the stomach or side, places the baby at greater risk for dying from Sudden Unexpected Infant Death (SUID).
 - 4) 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 physician for an alternate sleep position.

When you are finished click the "SUBMIT" button to the right. You will be notified of errors requiring correction. You can save the form and finish it later. When the form has passed all checks it will be locked from further changes. You will be able to save it to your computer and print copies for signature/submission and records.

Is Form Filled Tag

**SUBMIT
BUTTON**