



President & CEO

Richard L. Matt,
MSSW, LCSW

Home Office

PO Box 104265
Jefferson City, MO 65110
Phone: 573-556-8090
Fax: 573-632-2761
Billing Fax: 573-636-8180

St. Louis Office

1860 Borman Ct.
St. Louis, MO 63146
Phone: 314-991-1737
Fax: 314-991-3722

Columbia Office

409 Vandiver, Building 5
Suite 205
Columbia, MO 65202
Phone: 573-442-3064
Fax: 573-442-3078

Sedalia Office

1018 Thompson Hills Blvd
Sedalia, MO 65301
Phone: (660) 826-5335
Fax: (660) 826-3699

Springfield Office

630 W Kearney
Springfield, MO 65803
Phone: 417-865-1777
Fax: 417-865-4996

www.ma-cf.org

Missouri Alliance has adopted the following practices for providers regarding safe sleep of young children:

- 1) Healthy babies should always sleep on their backs.
- 2) Side sleeping is not as safe as back sleeping and is not advised.
- 3) Get a physician's note for non-back sleepers, which explains why the baby should not use a back-sleeping position.
- 4) Use cribs with firm mattresses safety-approved by the Consumer Product Safety Commission.
- 5) Keep cribs free of toys, stuffed animals and extra bedding included bumper pads.
- 6) Place the baby's feet towards the foot of the crib and tuck in a light blanket along the sides and foot of the mattress. The blanket should not be higher than the baby's chest.
- 7) Use sleep clothing and nothing else in the baby's crib.
- 8) Only one baby/child should sleep in each crib.
- 9) Keep the room temperature comfortable for a lightly clothed adult.
- 10) Visually check on the sleeping babies often.
- 11) No smoking around babies. Child care providers who smoke should do so outside. Make sure baby is being watched when you go outside to smoke. Never allow smoking in a room where babies sleep.
- 12) Have supervised "tummy time" for babies while they are awake. This will help strengthen their muscles and promote healthy development.

I, _____, have read the above listed safe sleep practices recommended by the American Academy of Pediatrics and accepted as policy by the Missouri Department of Social Services Children's Division. I understand and will adhere to these practices with babies placed in my home.

Foster Parent
Date

Foster Parent
Date



