

Sleep Safety Checklist

A baby sleeps safest alone, on their back, in their own crib.

- ✓ Put baby's crib, cradle, or bassinet close to your bed for their first year of life.
- ✓ Make sure the baby's mattress is firm, flat (not inclined), and fits snugly in its frame. Use only the mattress that comes with the crib.
- ✓ Make sure the baby's sheet fits tightly around the mattress.
- ✓ Keep the baby's sleeping area away from all loose strings (e.g., blind cords, electrical cords, and clothing).
- ✓ Offer your baby a pacifier (never a bottle) when placing your baby down to sleep.
- ✓ Respond to your baby's cries during the night.
- ✓ Avoid exposing your baby to smoke, alcohol, or drugs.
- ✓ To keep baby from overheating, make the temperature in baby's room comfortable enough for a lightly clothed adult.

⊘ Don't Risk It!

It is **NOT safe** to put anything in baby's bed, such as sheepskins, stuffed animals, baby positioners, crib wedges, comforters, pillows, heavy blankets, or bumper pads.

It is **NOT safe** to let your baby sleep on an adult bed, air mattress, beanbag, reclining chair, sofa, waterbed, or any soft surface.

Sleeping on the stomach or side increases the risk of suffocation.



Learn more at www.ounce.org
or **scan the QR code.**



Coping with Crying

It's normal for babies to cry, sometimes for 3+ hours a day. Babies usually cry more often in the evening. Crying may come and go for no reason. Your baby's crying will not harm them. Crying slows down after 3 or 4 months for most babies.

Things to check:

- Is your baby hungry?
- Is your baby in pain?
- Does your baby need a diaper change?
- Does your baby want to be held?
- Does your baby have a fever?

If none of that seems to be the problem:

- Relax. Your baby will be OK. Some babies cry even when their needs are met.
- Have someone else watch your baby for a while if you need a break.
- Put your baby down in a safe place and go to the next room. Check on your baby every 10 minutes to see if there's anything you can do; but if not, your baby will be OK.
- Exercise.
- Listen to music.
- Call a friend, relative, or 2-1-1 for support.
- Call your doctor if you have questions.

IT GETS BETTER!

Crying lasts for hours; shaking lasts for a lifetime. Stay calm. Get help.
Call 2-1-1 for more information.

