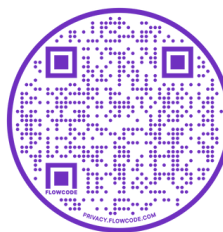


Sleep Safety Checklist

- ✓ Make sure baby's crib, bassinet, cradle, or portable crib is undamaged and meets current standards (www.cpsc.gov).
- ✓ Put baby's crib, cradle, or bassinet close to your bed for their first year of life.
- ✓ Place your baby face-up to sleep. Sleeping on the stomach or side increases the risk of suffocation.
- ✓ Tell everyone who takes care of your baby how to keep your baby safe during sleep.
- ✓ 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. The pacifier should not be put back if it is spit out during sleep. If the baby does not want the pacifier, do not force it and never hold it in place. If breastfeeding, do not use a pacifier until the baby is one month old.
- ✓ Respond to your baby's cries during the night.
- ✓ Avoid exposing your baby to smoke, alcohol, or drugs.
- ✓ Do not use any products for sleep that aren't specifically marketed for sleep. Products where the infant is sitting up (e.g., car seats, strollers, swings, carriers, slings) are not recommended for routine sleep.
- ✓ To keep baby from overheating, make the temperature in baby's room comfortable enough for a lightly clothed adult.
- ✓ Always hold the bottle when feeding your baby, since propping a bottle can lead to choking or death.
- ✓ Hang the baby's mobile out of reach and remove it once they learn to sit up.
- ✓ Lower the baby's mattress when your baby learns to sit, and again when they learn to stand to prevent falling out of the crib.

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.



For more information about healthy child development and safe sleep for babies, visit www.ounce.org or **scan the QR code**.

