



## Infant Safe Sleep Guidelines

- The safest way for an infant to sleep is: **Alone**, on the **Back**, in an empty **Crib**.
- A firm mattress should be used with no soft or loose bedding, comforters, pillows, stuffed animals, or bumper pads.
- Infants should never sleep in an adult bed, on a couch, on a chair, in a car seat, swing, or any other surface that has an incline.
- Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.
- Offer the baby a clean, dry pacifier during sleep.



alone

Keep your baby's sleep area close but separate from where others sleep. Your baby should not sleep with others in a bed, on a couch, or on a chair.



back  
is best

Your baby should be placed to sleep on his or her back in a safety-approved crib on a firm mattress every time during naps and at nighttime.



in an  
uncluttered  
crib

Remove all loose bedding, comforters, quilts, sheepskins, stuffed animals, bumpers, wedges, and pillows from your baby's crib.



# Cribs for Kids<sup>®</sup>

## National Public Safety Initiative

**If you encounter a baby under the age of one year or what appears to be an unsafe sleep environment:**

1. Ask if the baby has a safe place to sleep.
2. Educate the family regarding infant safe sleep practices and give them a Cribs for Kids educational handout.
3. Explain that you can provide them with a free play yard.
4. Have them complete a blue card and give them the play yard or refer them to Cribs for Kids.

### Quick Infant Safe Sleep Assessment

**If anyone answers these questions in the yellow section, give them the Cribs for Kids handout.**

	YES	NO
Is there a crib with a firm surface?		
Is there a crib in the parent's room?		
Any objects/bedding in the crib? ( toys, pillows, etc.)		
Is baby sleeping somewhere other than a safety approved crib? ( on couch, car seat, infant swing, in adult bed )		
ASK- Does anyone smoke in the home?		

### Remember to share that...

- No one should ever smoke around a baby.
- The baby should never sleep in an adult bed, car seat, couch, etc.
- The best place for a baby to sleep is on a firm mattress, on its back, in a safety approved crib or play yard.