



Cribs for Kids®

Helping every baby sleep safer

Infant Safe Sleep Guidelines

♥ The safest way for an infant to sleep is:

*Alone On the **Back** In an Uncluttered **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, in a chair, in a car seat, swing, or any surface that has an incline.
- ♥ The baby's sleep area should be close but separate from where the parents and others sleep.
- ♥ 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.
- ♥ Do not smoke, drink alcohol or use drugs around your baby.
- ♥ Do not let unsupervised household pets near your baby.



For more information please contact:

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Cribs for Kids®

National Public Safety Initiative

Every year in the United States, more than 3,500 infant deaths occur due to accidental suffocation, asphyxia, or undetermined causes during sleep.

Since 1998, the mission of Cribs for Kids® is to educate parents and caregivers on the importance of practicing safe sleep for babies by providing portable cribs to families who cannot afford a safe place for their babies to sleep.

To better protect infants, first responders are partnering with **Cribs for Kids® National Public Safety Initiative**. This community program provides safe sleep tips and free portable cribs to families in need.



alone

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



back
is best

Your baby should be placed to sleep on the 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.