



Cribs for Kids®

Helping every baby sleep safer

Infant-Toddler Safe Sleep Checklist

Help keep babies safe while they sleep. Follow these tips to reduce the risk of infant sleep-related death.

- **Share your room, but never your bed**
Baby's crib should be placed in the parents' room if possible. Never let a baby fall asleep in a bed, chair, or on a couch with another person.
- **No soft bedding/bumper pads in the crib**
Baby should not be placed to sleep on waterbeds, sofas, or other soft surfaces.
- **Don't overheat or overdress your baby**
Dress your baby in light sleep clothing. Keep the room at a temperature that is comfortable for an adult (between 68-72°F).
- **Don't allow smoking around your baby**
Don't smoke before or after the birth of your baby and don't allow others to smoke around your baby.
- **Give baby a healthy start-Breastfeed**
Breastfeeding is best. After breastfeeding is established, offer your baby a clean, dry pacifier during sleep.
- **Tummy Time**
Provide "Tummy Time" when your baby is awake and supervised.



*This is not a medical device.



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 in a chair.



back

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® - Safe Sleep Education

Checklist for Educating Family Receiving a Crib

<ul style="list-style-type: none"> Explain that sleep-related deaths are the leading cause of infant death happening between 2-4 months of age usually in winter months; most often to African-American and premature infants. 	
<ul style="list-style-type: none"> Demonstrate how to set up crib/Pack 'n Play® - emphasize the locking mechanism on the Pack n Play® 	
<ul style="list-style-type: none"> Share Safe Sleep Education Pamphlets. Show how to place infants in cribs (on their backs). Explain that babies can suffocate when placed on stomach because they re-breathe carbon dioxide. 	
<ul style="list-style-type: none"> Explain that in the crib there should be no pillows, soft toys, stuffed animals or crib bumpers - only firm mattress w/tightly fitted crib sheet. 	
<ul style="list-style-type: none"> If blanket is needed, position the infant at foot of crib-tuck blanket under three sides— with the blanket not above nipple line. 	
<ul style="list-style-type: none"> Do not overheat baby. Keep the room at a temperature that is comfortable for an adult—between 68 and 72 degrees. 	
<ul style="list-style-type: none"> Explain how bed sharing can be dangerous because of overlay by an adult or child, entrapment, roll off, and suffocation by soft bedding. 	
<ul style="list-style-type: none"> Warn against putting infant to sleep on sofas, recliners, waterbeds, bean bags, air mattresses or soft mattresses. 	
<ul style="list-style-type: none"> Warn against smoking around infant or in infant's environment. 	
<ul style="list-style-type: none"> Childcare away from home requires same precautions as at home. Tell them to make sure their childcare provider knows all the Safe Sleep Survival Tips! 	

Any Concerns _____

Parent Signature _____

Provider Signature _____

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