

Steps to Safe Sleep!

These steps aren't always as simple as they sound. Talk to a doctor or nurse for help. Not sure about a step? Find out why each one matters on giveyourbabyspace.org



- Babies should always sleep on their backs, not their tummies or sides EVERY time they sleep: naptime and bedtime.
- Babies should sleep alone, in their own sleep space, not together with an adult, child, or pet.
- Babies should sleep in an empty safety-approved crib with a firm mattress and tightly fitted sheet, or a Pack 'n Play with a firm base. Never place a baby to sleep on a couch, sofa, or recliner. Don't put pillows, stuffed animals, bumpers or blankets in with baby.
- Babies should sleep where their caregiver can see and hear them. Share a room with your baby if you can.
- Babies' sleep spaces should be away from windows with cords that hang down from curtains and blinds.
- Babies can lay or cuddle with you to breastfeed and bond, but when it's time to fall asleep, or if you get drowsy, return them to their OWN sleep space.
- Babies should sleep in smoke-free homes, both where they live and where they visit. If you can, make it a rule that your home is smoke-free.
- Babies shouldn't overheat. Keep room temperature at what would be comfortable for a lightly dressed adult. If the room is cold, dress baby in an infant sleep sack right for their size and age.
- Car seats, swings, and other furniture were not made for routine, extended sleep for a baby. Don't let the baby sleep in these devices for too long, and make sure you're keeping a close watch while they do.

Share these important safety tips with EVERYONE you know who cares for and about babies!

Try to check off as many items as possible.