

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 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 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 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.
- If you can - breastfeed! Breastfed babies have a lower risk of sleep-related death. If you need help with breastfeeding, visit LABreastfeedingSupport.org to search for resources & support by zip code.
- 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.
- When swaddling (wrapping a light blanket snugly around a baby), make sure the blanket is not too tight – you should be able to fit your hand between your baby and the blanket, and make sure to place your baby into their crib, bassinet, or Pack N' Play, on their back.
- When looking for a daycare/childcare center, ask questions – especially about their safe sleep policy! Every childcare center and family home daycare should have a written policy.

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

Try to check off as many items as possible.