

Good to Know

Safe Sleeping

Babies can spend as many as 16 hours a day sleeping. As a parent or caregiver, it is important to be sure your baby's sleep environment is a safe one. These six simple steps will help make your baby's crib a safe place to sleep and help decrease the chances for injury, overheating, suffocation, strangulation, and Sudden Infant Death Syndrome (SIDS).



The message is as simple as 'ABC':

Babies should sleep...

Alone,
on their **Backs,**
in a **Crib.**

SIDS Resources, Inc.
www.sidsresources.org
800-421-3511

First Candle-Bedtime Basics
www.firstcandle.org/bedtimebasics

American Academy of Pediatrics
www.aap.org

Report Child Abuse
1-800-392-3738

ParentLink Warmline
1-800-552-8522
1-888-460-0008 En Español



Missouri's Foundation For Child Abuse Prevention

Strong Families, Safe Kids

P.O. Box 1641
Jefferson City, MO 65102-1641
573-751-5147 • fax 573-751-0254
ctf@oa.mo.gov • www.ctf4kids.org



Scan QR code (requires app)
to go to www.ctf4kids.org.

Simple Steps to make your baby's Crib Safe

Safe Sleep for Babies...
a Guide for Parents
& Caregivers



 **Children's
Trust Fund**

Missouri's Foundation For Child Abuse Prevention
www.ctf4kids.org

Step 1.

Place your baby on his or her back to sleep at nap and night time.

Share this important advice with everyone who cares for your baby.

Step 2.

Place your baby on a firm tight-fitting mattress in a safety-approved crib.

Do NOT place your baby to sleep on an adult bed or other soft mattress, waterbed, sofa, beanbag, pillow, cushion or other soft surface.

- The crib mattress should be firm and fit tightly so that not more than two fingers can fit between the crib and mattress.
- Make sure everyone caring for your baby has a safe crib and is aware of these steps. Take a portacrib when visiting family and friends.
- Hand-me-down cribs/cradles and cribs from thrift stores are often unsafe. Make certain the spaces between the crib slats are *no wider than* a soda can. Be sure there are no splinters or cracked or chipped paint on the crib. End panels should *not* have any decorative holes or cutouts, and corner posts should have flat tops.
- Keep the sides of the crib up at all times. Drop sides should have a locking latch that will not accidentally release.

Step 3.

Remove all fluffy and loose bedding from the sleep area.

Take all pillows, quilts, blankets, stuffed toys, bumper pads, comforters, sheepskins and other soft items out of the crib.

- Use a tightly fitted sheet.
- Avoid commercial devices marketed to reduce the risk of SIDS, such as wedges and positioners.
- Hanging toys and hammocks should not be in or around the crib nor within the child's reach.

Step 4.

Instead of a blanket, consider using a sleeper, sleep sac or other sleep clothing with no other covering.

- Do not let your baby get too hot. Dress him or her in as much or as little as you would wear. Do not wrap your baby in lots of blankets or clothes. If your baby is sweating, has damp hair or a heat rash, he or she may be too hot.
- Do not place the crib near a heat source, such as a furnace vent, radiator or space heater.

Step 5.

Make sure your baby's face and head remain uncovered during sleep.

- Always keep the baby's face and head clear of blankets, sheets and other bedding. Remember, it is not necessary to cover the baby's head indoors.
- If using a blanket, put your baby with his or her feet at the foot of the crib. Tuck a thin blanket around the mattress, reaching only so far as the baby's chest.
- Offer a pacifier to your baby at nap and night time for the first year.

Step 6.

Bed sharing can be dangerous. The safest place for a baby to sleep is alone on his or her back in a standard crib on a firm mattress.

Placing your baby to sleep in a crib or other, separate and safe sleep space next to your bed is safer.

- Babies sleeping in adult beds, otherwise known as bed sharing, are at increased risk of SIDS, suffocation, strangulation and other injury.
- Do not allow your baby to sleep with siblings.
- The baby may be brought into bed for nursing or comfort, but should be returned to his or her own crib when the parent is ready to return to sleep.
- If you are concerned you may fall asleep while breastfeeding, talk with your healthcare provider about ways to successfully and safely breastfeed your baby.

