

Tool Box Tip #11 SAFE SLEEP ENVIRONMENT FOR BABIES

ABC's for a Safe Sleep Environment

A – Alone

B – On their Backs

C – In a Crib



- **Always place your baby on his back to sleep or nap in a crib**
- **Use a firm baby crib mattress covered with only a tight fitting crib sheet**
- **Remove all items from the crib, including pillows, blankets, quilts, bumper pads and stuffed animals**
- **Do not use positioners or wedges**
- **Dress baby in a wearable sleep sack or sleeper- do not use blankets**
- **Never place a baby on a water bed, inflatable mattress, couch or chair**

Adult beds can be unsafe for sleeping babies

Falling asleep with your baby on a couch or armchair is very unsafe

It is unsafe for other adults, children or pet to share a sleep surface with your baby

BABYS SHOULD BE PLACED IN THEIR OWN SEPARATE SLEEP SPACE NEAR YOU NOT WITH YOU

Please Click here to watch video on Safe Sleep for Babies

http://ocfs.ny.gov/main/cps/safe_sleep_video.asp