



Baby Sleep Safety Tips

The safest place for a baby to sleep is in a crib with a firm mattress and a well-fitting sheet.

- Lay babies on their backs, facing up.
- Never let your baby sleep on couches, chairs, regular beds or other soft surfaces. Babies should never share a bed with a sibling or parent(s).
- Use a sleep sack or swaddle to keep the baby warm, or tuck him/her in a light blanket that goes no higher than the baby's chest. Do not use adult-sized blankets.
- Clip pacifiers to clothing with short leashes, not long cords.
- Never hang anything on or above a crib with string or ribbon longer than 7 inches.
- Never put a long cord like a necklace, ribbon or bib with ties on an infant.
- Remove hood and neck drawstrings from all children's clothing.
- Keep a watchful eye on a sleeping baby with a baby monitor.