

Safe Sleep - Easy Steps for Caregivers

1. Healthy babies should always sleep on their backs. Side sleeping is not as safe as back sleeping and is not advised.
2. Get a physician's note for non-back sleepers that explains why the baby should not use a back-sleeping position.
3. Use safety-approved cribs and firm mattresses (cradles and bassinets may provide safe sleeping enclosures, but safety standards have not been established for these items).
4. Keep cribs free of toys, stuffed animals, and extra bedding.
5. Place the child's feet to the foot of the crib and tuck in a light blanket along the sides and foot of the mattress. The blanket **should not** come up higher than the infant's chest. Another option is to use sleep clothing and nothing else in the infant's crib.
6. Sleep only 1 baby per crib.
7. Keep the room at a temperature that is comfortable for a lightly clothed adult.
8. Visually check on sleeping babies often.
9. No smoking around babies. Make sure babies are being watched when you go outside to smoke. Child care providers who smoke should do so outside, with an overcoat on. The overcoat will be removed when they return to work. Never allow smoking in a room where babies sleep, as exposure to smoke in a room where babies sleep, as exposure to smoke is linked to an increased risk of SIDS.
10. Have supervised "tummy time" for awake babies. This will help babies strengthen their muscles and develop normally.
11. Teach staff about safe sleep policies and practices and be sure to review these practices often.