

# WHAT DOES A SAFE SLEEP ENVIRONMENT LOOK LIKE?

WELLNESS NOW

**F. I. M. R.**

Keep soft objects, stuffed toys, and loose bedding out of your baby's sleep area.



Make sure crib is not near mini blinds or other hazards.

No more than 2 <sup>3</sup>/<sub>8</sub> inches between the slats (about the width of a soda can).

Use a firm mattress in a safety-approved\* crib covered by a fitted sheet.

Place your baby on his or her back to sleep every time.

Use sleep clothing, such as a one-piece sleeper or sleep sack, instead of a blanket.

Do not allow pillows, blankets, sheepskins, or bumper pads in your baby's sleep area.

Make sure nothing covers the baby's head.

Do not let anyone smoke near your baby.



\*For more information on crib safety guidelines, call the Consumer Product Safety Commission at 1-800-638-2772 or visit their website at <http://www.cpsc.gov>

# SAFE SLEEP FOR YOUR BABY

## THE SAFE SLEEP TOP 10\*



### REMEMBER TUMMY TIME!

Place babies on their stomachs when they are awake and someone is watching. Tummy Time helps your baby's head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head.

- 01 ALWAYS PLACE YOUR BABY ON HIS OR HER BACK TO SLEEP, EVERY TIME.**  
The back sleep position is the safest, and every sleep time counts.
- 02 PLACE YOUR BABY ON A FIRM, SAFETY-APPROVED CRIB MATTRESS,**  
covered by a fitted sheet. Never place your baby to sleep on pillows, quilts, sheepskins, or other soft surfaces.
- 03 KEEP SOFT OBJECTS, TOYS, AND LOOSE BEDDING OUT OF YOUR BABY'S SLEEP AREA.**  
Do not use pillows, blankets, quilts, sheepskins, or crib bumpers in your baby's sleep area, and keep all objects away from your baby's face.
- 04 DO NOT ALLOW SMOKING AROUND YOUR BABY.** Do not smoke before or after the birth of your baby, and do not let other people smoke around your baby.
- 05 KEEP YOUR BABY'S SLEEP AREA CLOSE TO, BUT SEPARATE FROM, WHERE OTHERS AND YOU SLEEP.**
  - An adult bed is never a safe place for a baby to sleep
  - It is not safe for a baby to sleep with other children, adults or pets
  - If you feed your baby in your bed, put your baby back in the crib or bassinet to sleep
- 06 THINK ABOUT USING A CLEAN, DRY PACIFIER WHEN PLACING THE INFANT DOWN TO SLEEP,** but do not force the baby to take it. (If you are breastfeeding your baby, consider waiting 4-6 weeks or until breastfeeding is well established before introducing the pacifier.
- 07 DO NOT LET YOUR BABY OVERHEAT DURING SLEEP.** Dress your baby in light sleep clothing, and keep the room at a temperature that is comfortable for an adult.
- 08 AVOID PRODUCTS, INCLUDING HOME MONITORS, THAT CLAIM TO REDUCE THE RISK OF SIDS** because most have not been tested for effectiveness or safety. If you have questions about using monitors for other conditions, talk to your health care provider.
- 09 REDUCE THE CHANCE FLAT SPOTS WILL DEVELOP ON YOUR BABY'S HEAD:** provide "Tummy Time" when your baby is awake and someone is watching; change the direction your baby lies in the crib from one week to the next; avoid too much time in car seats, carriers, and bouncers.
- 10 MAKE SURE EVERYONE WHO TAKES CARE OF YOUR BABY FOLLOWS THESE SIMPLE STEPS.**



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\*Adapted from:  
Eunice Kennedy Shriver National Institute of  
Child Health and Human Development  
(NICHD)  
NIH Pub. No. 06-5759