

## SAFE SLEEP CHECKLIST



- Use a crib, pack 'n play, or bassinet that is approved by the Consumer Product Safety Commission.
- Make sure the mattress is new, firm and that the sheet is tight-fitting.
- Remove all soft things like pillows, blankets, comforters, bumper pads, and stuffed toys from the sleep area.
- Place baby on his or her back whenever you lay them down to sleep.
- Talk to grandparents, babysitters, child care providers, neighbors and anyone who cares for your baby about the safest way for your baby to sleep.

## CHECK YOUR CRIB



- A firm mattress with a tight-fitting sheet. No loose, missing or broken hardware or slats.
- No more than 2 3/8" between the slats (width of a soda can).
- No cutout designs in the headboard or footboard.
- Make sure whoever takes care of your baby has a crib or portable crib for your baby to sleep.
- When traveling, bring your own portable crib when possible or be sure baby has a safe place to sleep.

### Unsafe cribs should be destroyed.

If you are unsure of the safety of your crib, call the Consumer Product Safety Commission at: 1-800-638-2772.

## OTHER SAFEGUARDS



### Breastfeed your baby.

Breastfeeding helps your baby be healthy and reduces the risk of sleep related infant death.



### Use a Pacifier.

For breastfed infants, wait until breastfeeding is going well (usually by 3 - 4 weeks) before using a pacifier.

### "Tummy time" for your baby.

When babies are awake, they need tummy time to strengthen the muscles in the neck and shoulders. Make sure someone is always with the baby and watching him or her during tummy time. If baby falls asleep on their tummy, place him or her on their back in a safe place.



### Be an informed caretaker.

Sleep related infant deaths are the third leading cause of infant death in Colorado. Additional resources are available on-line: <http://www.sidscenter.org/families.html>




# Safe Sleep for your baby



Simple steps  
to help protect  
your baby's life.

Developed by the Colorado Infant Safe Sleep Coalition, in partnership with:



A woman with brown hair tied back, wearing a white hospital gown with colorful polka dots, is leaning over a blue and white striped crib. Inside the crib, a baby is lying on their back, wearing a grey onesie with colorful polka dots and pink shoes. The baby has a pacifier in their mouth. The crib is on a wooden floor. A woman's hand is visible at the bottom left, holding a white blanket. A colorful pillow is on a bed in the background.

**Share your room, but not your bed.** Your baby should sleep by him or herself in a crib, pack 'n' play or bassinet. Bedsharing is most risky when drinking alcohol or taking drugs, smoking or exposing your baby to second hand smoke, and dozing off with your baby on a sofa or armchair.

**Do not smoke near baby.** Don't allow anyone to smoke anything around your baby.



**Make sure nothing is in the sleep area except a tight-fitting sheet.** No pillows, blankets, comforters, bumper pads, stuffed toys or other soft things. Soft surfaces can lead to suffocation.

**Keep baby's face uncovered for easy breathing.** Use a sleep sack or onesie instead of a blanket.

**Don't overdress the baby.** Dress the baby in as much or as little clothing as you are wearing to avoid overheating.

**Use a new, firm mattress that fits tightly into the crib.** This way your baby won't get trapped between the mattress and the side of the crib.

**Always put baby to sleep on his or her back.**