



## Safe Sleeping

The safety of your child is one of the most important challenges you will face as a new parent. This brochure will help you make your baby's crib a safe place to sleep. If you follow these six steps you will decrease your baby's chances for injury, overheating, suffocation, strangulation and Sudden Infant Death Syndrome. CTF hopes this brochure will help you keep your baby happy and healthy.

For additional Safe Crib – Safe Sleep information, please contact the following:

American Academy of Pediatrics  
[www.aap.org](http://www.aap.org)

U.S. Consumer Product Safety Commission  
[www.cpsc.gov](http://www.cpsc.gov)

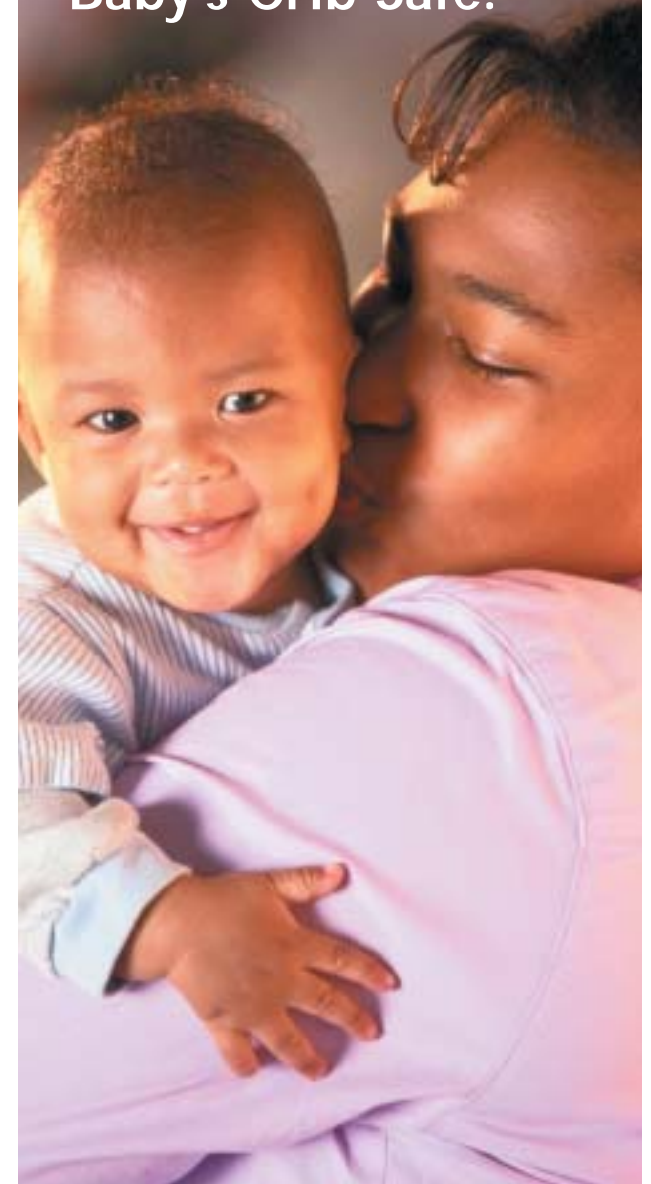
SIDS Resources, Inc.  
800-421-3511

Sponsored by  
the Greater St. Louis Child Fatality  
Prevention Coalition  
and the



Children's Trust Fund  
P.O. Box 1641 • Jefferson City, MO 65102-1641  
573-751-5147 • fax 573-751-0254 • [www.ctf4kids.org](http://www.ctf4kids.org)  
Hearing impaired 800-735-2966 TTD

# Six Steps To Make Your Baby's Crib Safe.



Safe Crib – Safe Sleep



## Step 1

**Place your baby on her back on a firm tight-fitting mattress in a crib that meets current safety standards.**

- The crib mattress should be firm and fit tightly so that not more than two fingers can fit between the crib and mattress.
- Make sure everyone caring for your baby has a safe crib and is aware of these steps. Take a portacrib when visiting family and friends.
- Hand-me-down cribs and cradles as well as cribs from thrift stores are often unsafe. Make certain that the spaces between the crib slats are *no wider* than a soda can. Be sure there are no splinters or cracked or chipped paint on the crib. End panels should *not* have any decorative holes or cutouts, and corner posts should be flat on top.
- Keep the sides of the crib up at all times. Drop sides should have a locking latch that will not accidentally release.

***Always place your healthy baby on his back to sleep unless your baby's doctor tells you otherwise.***

## Step 2

**Remove blankets, pillows, quilts, comforters, sheepskins, stuffed toys and other soft products from the crib.**

- Use a tightly fitted sheet.
- Do *not* use pillow-like bumper pads.
- Do *not* use "wedgies" or rolled up blankets to prop baby on her side.
- Hanging toys and hammocks should *not* be in or on the crib.

## Step 3

**Consider using a sleeper or other sleep clothing as an alternative to blankets, with no other covering.**

- Do not let your baby get too hot. Dress him in as much or as little as you would wear. Do not wrap your baby up in lots of blankets or clothes. If your baby is sweating, has damp hair or a heat rash, she may be too hot.
- Do not place the crib near a heat source, such as a furnace vent, radiator or space heater.

## Step 4

**Make sure your baby's face and head remain uncovered during sleep.**

- Always keep the baby's face and head clear of blankets, sheets and other bedding. Remember, it is not necessary to cover the baby's head indoors.



## Step 5

**If using a blanket, put your baby with his feet at the foot of the crib. Tuck a thin blanket around the mattress, reaching only so far as the baby's chest.**

## Step 6

**Do not place your baby on a waterbed, sofa, soft mattress, pillow or other soft surface to sleep. The safest place for a baby to sleep is in a standard crib on a firm mattress.**

- Babies sleeping in adult beds, otherwise known as bedsharing, are at increased risk of Sudden Infant Death Syndrome (SIDS), suffocation, strangulation and other injury.
- Do not allow your baby to sleep with siblings.
- If you want to feel close to your baby, consider placing her crib next to your bed.
- If you are concerned you may fall asleep while breastfeeding, talk with your healthcare provider about ways to successfully and safely breastfeed your baby.