



Cribs for Kids® Guidelines for Parents and Caregivers

- ✓ **ABC's** of Safe Sleep: The safest way for your baby to sleep is **Alone**, on its **Back**, in a **Crib**.
 1. No sofas, recliners, waterbeds, bean bags, air mattresses, soft mattresses
 2. No pillows, soft toys, stuffed animals in crib, crib bumpers – use **only** firm mattress with a tightly fitted crib sheet
- ✓ The baby's crib should be in the parents' room, if possible. It should have a firm mattress that is closely fitted to the sides of the crib, and a tight-fitting sheet.
- ✓ Wedges and positioners should not be used.
- ✓ Avoid using commercial devices marketed to reduce the risk of Sudden Unexplained Infant Death Syndrome (SIDS).
- ✓ Don't over-dress or over-bundle the baby. Keep room temperature between 68-72 degrees. It is **preferable** to use an infant sleep sack and NOT a blanket. If blanket must be used, a light blanket tucked at the bottom and sides of the crib should be enough. Allow no covers near the baby's head.
- ✓ Never let a baby fall asleep in a bed, chair, or couch with another person.
- ✓ A baby should sleep in a smoke-free home.
- ✓ Consider using a pacifier at naptime and bedtime.
- ✓ Breastfeeding has important health benefits for babies, but do it safely. When breastfeeding, make sure you are in a position that will allow you to stay awake. When finished, return the baby to the crib.