

# Parkview Mom

## 10 Safe Sleep Tips for Baby



1. Always place your baby to sleep on his or her back during naps and at nighttime.
2. Keep baby's crib clear of toys or other soft bedding, including fluffy blankets, comforters, pillows, stuffed animals, bumper pads or other potential hazards.
3. Use a sleep sack or regular infant sleeper instead of a baby blanket.
4. Do not overheat your baby. Keep the bedroom at a comfortable temperature.
5. For at least the first six months, position the crib in your room (if possible) so you can be aware of baby's breathing as he or she sleeps. The baby will take comfort from knowing you are close.



6. A baby's crib should have railings no more than 2 3/8 inches apart (if you can fit a soft drink can between the railings, they're too far apart.)
7. Place your baby on a firm mattress, covered by a fitted sheet that meets current safety standards.
8. Even when away from home, make sure baby sleeps in a safety-approved crib.
9. Never sleep on a couch or in your bed with your baby. Never let the baby fall asleep in a bed or chair with another person.
10. Make sure your baby lives, and sleeps, in a smoke-free home.