Core Safe Sleep Discussions

Infants Should Always Be Put On Their Back To Sleep

- Always place your baby on their back for every nap and bedtime.
- Side sleeping is not recommended; babies are less likely to choke and suffocate on their backs.

Share a Room, Not A Bed

- Keep your baby in a safety-approved crib, bassinet, or Pack 'n Play in your room until at least 1 year old.
- Never let babies sleep in adult beds, couches, chairs, car seats, swings, or bouncers.
- Sharing sleep surfaces with someone who smokes, even if they do not smoke while in bed, increases the risk of SUID.

No Loose Bedding or Soft Objects

- Remove all blankets, pillows, bumpers, wedges, quilts, sheepskins, and stuffed animals from the crib.
- Only use a fitted sheet.
- Use a wearable sleep sack instead of loose blankets to prevent overheating and entanglement.

Safe Crib Environment

- Cribs should be approved by the Juvenile Products Manufacturers Association.
- Bars should be less than 2 3/8 inches apart (the width of a soda can).
- Mattress should be firm and the crib should be free of recalls. Check your crib for recalls at **recalls.gov** before use.

Temperature Control

- Keep the room at a comfortable adult temperature (about 70–74°F).
- Dress your baby in the same amount of layers you would wear.
- Avoid overheating by not covering the baby's head or face.



DHS | Division of Children & Family Services