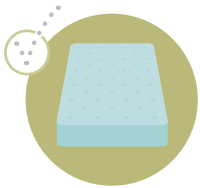


Safe Infant Sleep Checklist



Place **babies on their backs** for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat surface in their own crib, bassinet or play yard.



Choose a **firm mattress** and fitted sheet for baby's crib. **Remove toys, blankets, pillows, bumper pads** and other accessories from the crib.



Dress baby in a **wearable blanket, onesie** or similar clothing for every sleep. A loose blanket could cover baby's airway or make their body temperature too high.



Share your room, not your bed.

Place baby's crib or bassinet in your bedroom instead of letting baby sleep in the same bed with you.



Follow the manufacturer's instructions to assemble your crib. Make sure to complete and **submit the product registration card** to learn about any recalls or safety updates.



For more information, visit www.safekids.org





THE EASIEST WAY TO REMEMBER HOW TO CREATE A SAFE SLEEP ENVIRONMENT IS TO THINK OF THE ABC'S OF SAFE SLEEP.

SUDDEN UNEXPLAINED INFANT DEATH SYNDROME

- Sudden Unexplained Infant Death Syndrome (SUIDS) is the leading cause of death among infants aged one month to one year. Each year nearly 3,500 infants die from SUIDS.
- Infants who sleep on their stomach are at a greater risk of SUIDS than infants who sleep on their backs.
- Sleeping on soft surfaces, such as couches & soft mattresses, is a significant risk factor for SUIDS.
- Bed sharing with an infant is hazardous and is a risk factor for SUIDS.
- Infants whose mothers smoke during or after pregnancy are at a greater risk for SUIDS.

WHAT CAN BE DONE TO REDUCE THE RISK OF SUIDS ACCORDING TO THE *AAP

- Do not use car seats, strollers, swings, baby loungers or slings for routine sleep as they pose a risk for airway obstruction.
- Offer a pacifier when putting the baby down to sleep.
- Do not use home monitors, wedges or positioners marketed to reduce the risk of SUIDS.
- Assure babies are up to date on vaccines.
- It is encouraged that babies room-share with their parents (not bed share) for at least 6 months and preferably 1 year.
- If parents bring the baby into bed to breastfeed, they need to put them back in a separate sleep area when finished.



Cribs for Kids® is a program designed to help parents obtain a safe sleeping environment in the home for a new baby. This program provides the family with a free crib kit when there is a financial need.

If you are in need of a safe sleep environment for your child, we encourage you to contact one of the local Cribs for Kids partners by scanning the QR Code or calling ND Injury Prevention Program 701.328.4537.



*AAP - American Academy of Pediatrics