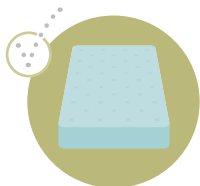


Safe Infant Sleep Checklist



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

