

Infant Safe Sleep Checklist

Help keep your baby safe while sleeping



Safe Sleep

- ♦ Always put a healthy baby on the back to sleep for naps and at night—it's safe, does not cause choking and is comfortable
- ♦ Baby should sleep alone in his or her own crib

Create a Safe Sleeping Place

- ♦ Use a firm mattress and a tight-fitting sheet
- ♦ Do not use sofas, chairs, pillows, waterbed or an adult bed for baby
- ♦ Remove toys, stuffed animals, fluffy blankets and pillows from the crib when baby sleeps
- ♦ Wedges and bumper pads are not needed and can be dangerous
- ♦ Create a smoke-free home

Keep Baby Comfortable—Not Too Hot!

- ♦ Do not over-bundle or over-wrap your baby
- ♦ Use a light blanket. Tuck it along the sides and foot-end of the mattress
- ♦ Do not cover baby's face with blankets
- ♦ Dress the baby in layers that can be removed
- ♦ Set the room temperature to 68 to 75 degrees F (20 to 24 degrees C)

Give Your Awake Baby Supervised "Tummy Time"

- ♦ Put baby on the stomach to play and for exercise—to help the neck, arms and shoulder muscles grow strong for baby's healthy development

Breastfeed Your Baby

- ♦ Breastfeeding helps give your baby a healthy start in life. If you breastfeed your baby, remember to follow all the safe sleep tips on this poster

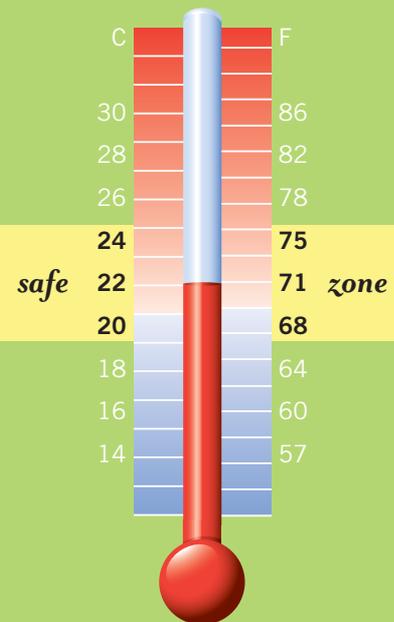
Share these tips with others
who care for your baby

The rule is easy:

Stomach to Play and Back to Sleep

for baby's healthy development
and to lower the risk of Sudden
Infant Death Syndrome or SIDS

Overheating is a risk factor
for SIDS. Room temperature
between 68 and 75 degrees F
is safest, not warmer
than 75 degrees F



For more information
about SIDS or for help
with the baby
in your family call:
1-800-FOR-BABY
or 1-800-367-2229

NORTH CAROLINA
Healthy Start
FOUNDATION
www.NCHealthyStart.org
www.MamaSana.org

NCPH
North Carolina
Public Health

1-800-367-2229
NC Family Health Resource Line

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