

# Car Seats Aren't Cribs: Safe Sleep for Baby

A moving car, a rocking swing, a rolling stroller—many babies find motion comforting. So much so that they are often lulled to sleep.

But sleeping for long periods of time in a car seat, baby swing, or stroller is unsafe for your baby.

Babies have weak neck muscles, making it hard for them to hold up their heads. They need a safe sleep environment.

While comfortable and convenient, car seats and other devices are not cribs. If your baby falls asleep in one, move them to a firm sleep surface as soon as possible.

Always put your baby to sleep on their back in a bare crib or bassinet.