Safe Sleep Environment

Having a safe sleep environment for your baby is important. It can prevent sudden infant death syndrome, or SIDS. Follow this checklist to make sure your baby sleeps safe and sound.

DO: Lie your baby on a firm, flat, non-inclined sleep surface, such as in a crib or bassinet. The crib mattress should fit snugly to prevent gaps where legs and arms could get caught. DO: Place your baby to sleep on their back. Always. DO: Keep toys, stuffed animals, and loose bedding out of the crib.

DO NOT: Use a drop-side crib, or one with sharp corners, splinters, lead paint, or missing parts. If you're inheriting a crib, make sure it's in overall good condition, complies with the latest safety requirements, and has not been recalled. DO NOT: Use pillows, blankets, or crib bumpers. You can keep your baby warm with sleep clothing, like a one-piece sleeper.

DO NOT: Let your child sleep in a car seat, stroller, swing, or infant carrier. Move them as soon as possible to a safe sleep surface on their back. DO NOT: Share a bed with your baby. Instead, share a room: place their bed in your room for at least the first 6 months.

Following this checklist can help you keep your baby safe while they sleep.