



# Cribs for Kids

## Safe Sleep Education

### Checklist for Educating Families Receiving Crib

- Always place your baby on his or her back to sleep, for naps and at night. Babies can suffocate when placed on stomach because they re-breathe carbon dioxide
- Sleep-related deaths are the leading cause of infant death between 2-4 months of age; usually in winter months; most often to African American and premature infants.
- Demonstrate how to set up pack n play-emphasize the locking mechanism on the Pack n Play.
- Use a firm sleep surface. A firm crib mattress with a tight fitting sheet in a safety-approved crib. Warn against putting infant to sleep on sofas, recliners, waterbeds, bean bags, air mattresses or soft mattresses.
- Keep soft objects, loose bedding, and bumper pads out of crib.
- Pregnant women should receive regular prenatal care.
- Do no overheat baby. Keep the room at a temperature that is comfortable for an adult—between 68 and 72 degrees.
- Dress your baby in light clothing, such as a one-piece sleeper, and do not use a blanket. If blanket is needed, position infant at foot of crib-tuck blanket under three sides—with the blanket not above the nipple line.
- Make sure nothing covers your baby's head.
- Room-sharing without bed-sharing—the infants crib should be in the parents' bedroom, close to parent's bed. Explain how bed sharing can be dangerous because of overlay by an adult or child, entrapment, roll off, and suffocation by soft bedding.
- Avoid smoke exposure during pregnancy and after birth. Studies show that smoking puts babies at risk for asthma, allergies, ear infections, and is a major risk factor for SIDS.
- Childcare away from home should follow same precautions. Tell family to make sure childcare providers know all the Safe Sleep Survival Tips!
- Breastfeeding is recommended
- Consider offering a pacifier at sleep time after breastfeeding has been established.
- Provide "Tummy Time" when your baby is awake and supervised.
- Observe infants sleep area and make appropriate safe sleep recommendations.

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Parent Signature

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Provider Signature

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Date