

Keeping Sleep Time Safe

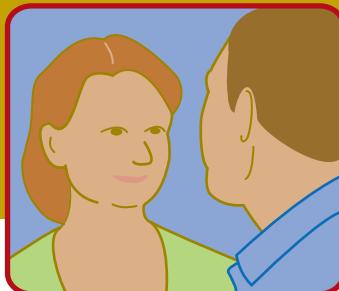
Information for Parents



Always put a baby to sleep on his/her back.



Keep soft bedding & toys out of crib.



Talk about safe sleep with anyone caring for your child.



Call 911 in an emergency.



DID YOU KNOW?

- Sudden Infant Death Syndrome (SIDS) is the leading cause of death for infants 1 month to 12 months old.
- Every hour, one baby dies from SIDS.
- One in five SIDS deaths occurs while an infant is in the care of someone other than a parent.
- A baby is most at risk of SIDS:
 - Between 2-4 months old
 - In the first few weeks of a new child care arrangement
 - When they are used to sleeping on their back and then put to sleep on their tummies.
- You can reduce your baby's risk of SIDS by making sure that you and those who care for your baby are using safe sleep practices.
- When awake, a baby needs supervised time on his/her belly to encourage physical development.

Make Sleep Time a Safe Time

- ✓ DO put the baby to sleep on his/her back - always!
- ✓ DO put the baby to sleep in a crib.
- ✓ DO keep a sleeping baby where you can hear him/her.
- ✓ DO check on a sleeping baby frequently.
- ✗ DON'T put a baby to sleep in a bed, car seat, sofa or chair.
- ✗ DON'T place toys, bedding, pillows, and stuffed animals in the crib.
- ✗ DON'T let a baby overheat during sleep – keep room temperature between 68°-72°F.
- ✗ DON'T cover a baby's head or bundle a baby in heavy clothing.
- ✗ DON'T allow smoking around the baby - keep the baby's sleeping environment smoke-free.

Talk With Your Child Care Provider

- Talk about your baby's sleep patterns and habits.
- Ask to see where your child will be napping while in the provider's care.
- Ask what your provider will do in the case of an emergency and keep your contact information up to date.
- Make sure the caregiver's CPR and First Aid certification is current.

A safety message from the



MASSACHUSETTS
Department of
Early Education and Care

For more information visit our website
at <http://www.eec.state.ma.us/>