

Cribs and playpens are responsible for half of all nursery product-related deaths among children ages 5 and under.

Be sure your baby's crib has a firm sleep surface with a fitted sheet. There should be no loose bedding or soft objects such as blankets, pillows, stuffed toys, bumpers, etc.



Put your baby to sleep on his or her back.

Baby should sleep in the same room as parents, but never in the same bed.

Keep baby's sleep area comfortable (61-67°), and do not over-dress.

Offer your baby a pacifier at sleep time.

When awake, baby should have supervised play time on stomach.



All babies should sleep in a safe, approved crib that meets all safety guidelines and does not have drop-down sides.

Led By: