Share your room, not your bed.
Place baby’s crib or bassinet in
your bedroom instead of
letting baby sleep in the
same bed with you.

Follow the
manufacturer’s
instructions
to
assemble your
crib. Make sure
to complete and
submit the product
registration card
to
learn about any recalls or
safety updates.

For more information,
visit www.safekids.org

Safe Infant Sleep Checklist

Place **babies on their backs** for
naps and at night until they are
1 year old. Make sure babies
sleep on a firm, flat surface
in their own crib, bassinet
or play yard.

Choose a **firm**
mattress and
fitted sheet for
baby’s crib.
**Remove toys, blankets, pillows, bumper pads** and
other accessories from the crib.

Dress baby in a **wearable blanket, onesie** or similar
clothing for every sleep. A
loose blanket could cover baby’s
airway or make their body
temperature too high.