Safe Infant Sleep Checklist

- 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.
- 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.

For more information, visit www.safekids.org