

SAFE SLEEP

[SANFORD CHILDREN'S SAFETY CENTER]

Through the eyes of a child...

When sleeping –
I just need me and my dreams.



SANFORD[®]
Children's

SAFE SLEEP - NOW I LAY ME DOWN TO SLEEP

SIDS is the leading cause of death among infants 1–12 months of age. Taking precautionary measures before you lay your baby down to sleep can put your mind at ease and prevent injury and tragedies.

THROUGH THE EYES OF A CHILD:

- I just need a firm mattress with comfortable clothes, clean sheets and a safe space to sleep.

POINTS FOR PARENTS TO REMEMBER:

- Lay your baby on his/her back at night and nap times.
- Bed sharing can be dangerous. However, having your baby's crib or bassinet in your room is recommended for the first 6 months.

SAFE SLEEP CHECKLIST

- Back to sleep. Put your child on their back when sleeping.

Clothing

- Sleep Sack – no blankets.
- Check that your child is wearing flame-retardant sleepwear.
- Remove all drawstrings from your child's clothing.

Crib

- Crib meets safety standards; cribs have to meet safety regulations to be sold in the United States. Be careful with older or borrowed cribs.
- Crib slats are no more than 2 3/8 inches apart (you shouldn't be able to fit a soda can between the slats) to prevent your child's head from getting caught between the bars.
- Crib's headboard and footboard is free of large cut-outs.
- Mattress is firm and flat; no more than two fingers should fit between the mattress and the side of the crib.
- Crib sheet is fitted.
- Remove stuffed animals and blankets from crib; blankets and other soft surfaces can block baby's airway during sleep.
- No bumper pads and positioning wedges.
- Clip strings or ribbons of hanging mobiles and crib toys; keep any strings 6 inches or shorter.
- Create a safety zone around the crib by positioning it away from windows, heaters, lamps, wall decorations, cords, and furniture your child could climb on.
- If the crib is near a window, cut off the pull cords or use cord shorteners.

SUGGESTED SAFETY PRODUCTS:

- Window Blind Cord Wind-Ups
- Edge and Corner Bumpers

SANFORD
Children's