



Babies and safe sleep

How can I keep my baby safe when she is sleeping?

Place your baby on her back to sleep. Put your baby in her crib, next to your bed, for the first six months.

Your baby should sleep in a crib until she is at least 12 months old.

Make sure the crib:

- Has a stamp showing it was made after September 1986; and
- Meets Health Canada's safety standards.

Ensure that the crib's mattress is:

- Firm;
- Flat;
- Tight fitting; and
- Covered with a tight-fitting crib sheet.

Remove all pillows and pillow-like items from your baby's crib, including:

- Thick coverings such as comforters or duvets;
- Soft bedding (including sheepskin);
- Stuffed toys;
- Baby positioners or foam wedges; and bumper pads.



Make sure your home and your car are always smoke-free, and only choose a child-care place that is also always smoke-free.

Dress your baby in a sleeper. Cover him with a thin blanket that you can tuck in under his arms. If you choose to swaddle your baby, wrap him lightly. Make sure his head and neck remain uncovered.

Keep your baby's head uncovered at all times while she is sleeping.

Keep the room temperature not too warm or too cold.

Tell your sleep partner if you plan to feed your baby in your bed. After feeding your baby, place your baby to sleep in his crib.

Remember:

Babies should always be put to sleep on their back. Never put your baby to sleep on her side or her tummy. Once your baby is older and can turn over on her own, she may sleep in whatever position she wants, in her crib.

You should never sleep with your baby on a sofa or an armchair.

Tell others who care for your baby how to keep your baby safe while sleeping.

Adult beds are not a safe place for babies to sleep. Babies are safest in their own crib.

When your baby is awake and you are watching her, place her on her tummy to play.

Unsafe sleep situations for your baby:

Do **not** let your baby sleep on:

- an adult bed;
- pillow;
- cushion;
- waterbed;
- air mattress;
- sofa;
- futon;
- recliner;
- armchair; or
- any makeshift bed.

Do **not** feed your baby in your bed if you:

- smoke in bed;
 - are very tired;
 - take medication that may make you sleepy;
- or
- have consumed alcohol.



Do not:

- replace your baby's crib with a car seat or baby seat;
- place your baby's crib near windows, curtains, blind cords, lamps, electric plugs, or extension cords;
- place anything around your baby's neck when she is sleeping, such as a bib, necklace, or a pacifier on a cord;
- leave a bottle in your baby's crib; or
- allow anyone, including other children or family pets, to sleep with your baby.

It is **unsafe** for your baby to sleep with you or anyone else, at any time. Your baby is more likely to be harmed if that person is:

- sick;
- very tired;
- has taken medication that may make them sleepy;
- has been drinking alcohol; or
- smoking in bed.

Why is it unsafe to lie down or sleep with my baby on a sofa or a bed?

Your baby may:

- fall out of the bed or off the sofa;
- become trapped in the cushions, or between the wall and the bed;
- become overheated;
- smother in the cushions, pillows, comforters, or soft bedding, or get his head covered by the bedding;
- get tangled up in the bedding, your pajamas, or your long hair
- die from SIDS if you or your sleep partner smoke

For more information, call Renfrew County and District Health Unit, Health Info Line
at 613-735-8666/1-800-267-1097 Ext 666

www.rcdhu.com

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