

Safe Sleep for Infants

Safe sleep practices are critical to preventing sudden infant death syndrome, or SIDS. It's important for everyone who cares for infants, including childcare providers, to follow the guidelines below to keep babies safe.

//////////////////// The ABCs of Safe Sleep

Infants should be placed to sleep...

Alone

on their
Backs

in a Crib

Infants should *not* be placed on their stomachs or sides to sleep.



Safe Sleep Surfaces

Babies should sleep on a firm, flat surface covered only by a fitted sheet. Cribs should NOT have:

- Blankets
- Bumpers
- Toys
- Pillows



Unsafe Sleep Surfaces

Babies, especially in childcare settings, should NOT sleep in or on:

- Car seats
- Swings
- Bouncers
- Boppy pillows
- Play mats



1,360

infants died from SIDS
in 2017.



Other Safe Sleep Tips

- Offer babies a pacifier.
- Ensure babies don't get too hot while sleeping.
- Have babies practice tummy time while awake and supervised.

Childcare providers must recognize the importance of safe sleep practices for the infants in their care. Ensuring infants all have their own cribs and are always placed on their backs can go a long way towards keeping babies safe.

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resources at
thesilverlining.com

[Safety Resources](#)

