

# Safe to Sleep Key Points:



- 1) An infant should be placed on his/her back while sleeping until independently rolling both back to stomach and stomach to back.
- 2) An infant should have his/her own sleeping environment with a firm sleep surface (crib, bassinet, play yard) where they sleep alone.
- 2) Nothing soft or plush should be put in the baby's sleeping area like heavy, thick blankets, pillows or stuffed animals.
- 3) A baby should not sleep in an adult bed, on the couch or in a recliner due to the risk of suffocation.
- 4) A baby should not sleep in a car seat, swing or bouncer due to the risk of closing off the airway.
- 5) Give baby ample opportunity for free time to play on a flat surface. Change baby's position throughout the day. Equal time spent on back, stomach and sides to ensure a round head and to promote development.