

Safe to Sleep Key Points:



- 1) 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 ample opportunity for floor play. Change baby's position throughout the day. Equal time spent on back, stomach and sides.