Baby Sleeps Best with the ABCs...

Here are some things you can remember so that you and your baby's caregiver can help your baby get the safest sleep possible.



Infants should always sleep...

Alone

- The safest place for your baby to sleep is in his or her own crib or playpen in the same room as you.
- Infants must sleep alone in an empty crib—keep toys, bumpers, pillows, and blankets out of the crib or playpen.

on their **Backs**

- Place infants on their backs to sleep always.
- Infants must sleep flat on a firm surface.
- Dress children in cool clothes so they do not get too warm.

in a **Crib**

- A crib in this sense can include a crib, playpen or bassinet that is CPSC (Consumer Product Safety Commission) approved.
- The crib should have a tight-fitted sheet.
- Move infants who have fallen asleep in swings, hammocks, baby slings, strollers, or car seats into a crib, playpen or bassinet.

Relative or non-relative, if your baby's caregiver has any questions or needs more information about safe sleep practices, please ask them to visit *www.safesleephawaii.org*.

No baby on a couch

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Child Care Providers... Don't make this mistake!

No leaving baby in car seat for extended periods of time No baby on an air mattress or a feeding pillow (e.g. boppy)

No stuffed animals or toys in the crib and only one child per crib

No leaving baby in swing or hammock once they've fallen asleep

No smoking in the home