What is Safe Sleep?

Remember the A, B, C's of Safe Sleep = Alone, Back, Crib

From the American Academy of Pediatrics:

- Babies should always be placed on their back for sleep. Research shows this is the safest.
- Babies should sleep on a firm sleep surface that does not incline.
- Remove all toys, pillows, blankets and bumpers from the crib.
- It’s OK to swaddle a baby, but stop swaddling as soon as they start learning to roll over.
- If the baby falls asleep in a car seat, stroller, swing or infant carrier, move them as soon as you can.
- It’s dangerous for babies to sleep on a couch, armchair or nursing pillow.
- Try giving your baby a pacifier at nap time and bedtime.
- Room share: Keep the baby's bassinet or crib in your bedroom for at least the first 6 months.
- ALWAYS ensure that any person who you allow to care for your baby understands Safe Sleep and will provide a Safe Sleep Environment.

My worker explained the importance of Safe Sleep, answered questions, and provided educational materials about practicing Safe Sleep.

Parent/Caretaker: _____ Date: _____

DCFS Worker: _____ Date: _____