What Does A **Safe Sleep Environment** Look Like?

Baby's sleep area is in the same room, next to where the parent sleeps.

Use a firm and flat sleep surface, such as a mattress in a safety-approved crib,* covered by a fitted sheet.

Baby should **not** sleep or nap in an adult bed, on a couch, or on a chair, even if an adult is present.

Do **not** smoke or let anyone else smoke around your baby.

Do **not** put pillows, blankets, crib bumpers, soft objects and toys in your baby's sleep area.

Dress your baby in sleep clothing, such as a sleep sack, pajamas or a onesie. Make sure nothing covers their head.
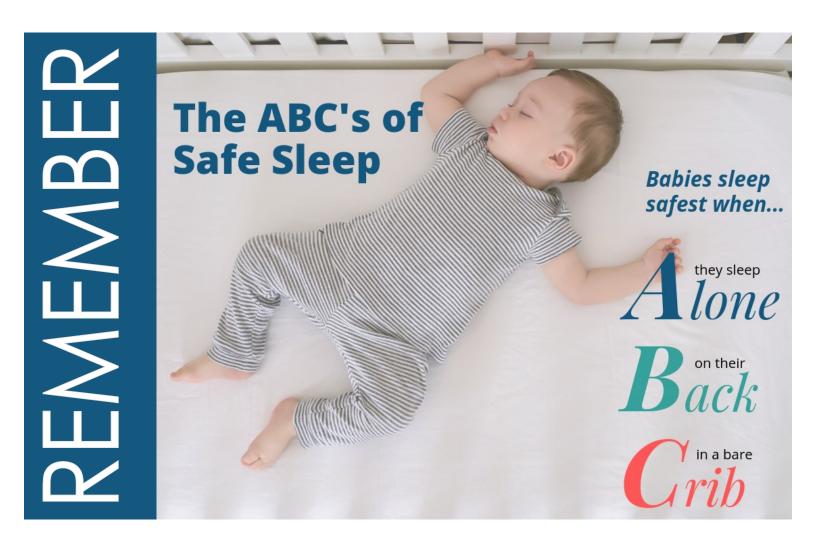
Always place your baby on his or her back to sleep, for naps and at night.

Missouri Department of **SOCIAL SERVICES**

Missouri **DHSS** Department of Health and Senior Services

Children's Trust Fund Missouri's Foundation For Child Abuse Prevention **Strong Families, Safe Kids**

Missouri DEPARTMENT OF ELEMENTARY & SECONDARY **EDUCATION**™

*A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. Call 800-835-5465 if you need a safe crib. For more information visit **www.cpsc.gov**.

REMEMBER

The ABC's of Safe Sleep

Babies sleep safest when...

Alone
they sleep

Back
on their

Crib
in a bare

Common **Questions**

Q: I don't want my baby to be cold while sleeping in their crib. How can I keep my baby warm without a blanket?

A: Dress your baby in a wearable blanket, such as a sleep sack, or in one extra layer of infant clothing. In general, you should dress your baby in only one more layer than what you are wearing.

Q: My mother shared a bed with me when I was a baby. Why should I do things different with my baby?

A: We've learned a lot about safe sleep for babies in recent years. In the past, many sleep-related injury deaths were thought to be caused by SIDS, a natural cause of death. Now we know that many babies die from accidental suffocation while sleeping in unsafe spaces — especially when sharing a bed with another person.

Q: How can I breastfeed my baby in the middle of the night if I can't bring my baby into bed with me?

A: We encourage you to have your baby's crib right next to your bed. Although you may need to bring your baby into bed with you for feeding or for comfort, it is important for you to place your baby back in their own crib before you fall asleep.

Q: Can I use my baby's car seat or swing as a safe place for them to sleep?

A: No. Your baby can't lie flat in a car seat or a baby swing, so his or her head may tip forward. This can block your baby's airway and cause them to suffocate.