

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.

Safe and proper way for baby to sleep



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.

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



No baby on a couch



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 leaving baby in swing or hammock once they've fallen asleep



We recommend No smoking in the home

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

