

SLEEP SAFETY

ABC: ALONE, BACK, CRIB:

- A is for Alone. Make sure your baby never sleeps with you, another adult, child, or pet.
- B is for Back. Until they confidently roll over, babies should sleep on their backs every time.
- C is for Crib. Babies should sleep in a safe crib, bassinet, or play yard - never an adult bed, chair, or couch.
- The crib or bassinet should contain only a firm, well-fitting mattress and a tight fitted sheet.
- The crib or bassinet should be free of anything that could block their nose and mouth or get wrapped around their neck, including:
 - Blankets, pillows and quilts
 - Toys and stuffed animals
 - Bumpers, whether padded, mesh or breathable
 - Décor and accessories with cords or strings, such as hanging mobiles, name banners and baby monitors

MORE CRIB SAFETY TIPS

- Use a crib manufactured after 2011 that meets the most current safety standards:
 - Slats should be less than 2 3/8 inches apart
 - No broken parts or chipped paint
 - No decorative finials or posts
 - No drop-side models
- No more than 2 fingers should fit between the mattress and the crib itself.

BASSINET SAFETY

- Select a bassinet with a firm mattress that fits snugly, without space around the edges.
- Make sure the base is strong and sturdy.
- Always follow manufacturer recommendations for age and weight in order to know when to move a baby up to a crib.

PLAY YARD SAFETY

- Follow the directions exactly when you set it up.
- Use only the mattress that comes with the play yard.
- Be sure to follow the weight and height limitations if you're using a model with a removable "changing station."
- Remember your ABCs and remove any toys or other items before naptime or bedtime.

ADDITIONAL SAFETY TIPS

- For their first 6 months, infants should sleep in their parent's room, but not in their bed.
- Swings and car seats aren't safe places to nap. If your baby falls asleep in one, move them to a safe space like a crib, bassinet, or play yard.
- Pacifiers are okay to use as long as they're not hanging around the baby's neck.
- The safest sleepwear is a onesie sleeper or a snug sleep sack.

DOWNLOAD THE MAKE SAFE HAPPEN APP

Developed in partnership with the safety experts at Nationwide Children's Hospital, the app helps you make your home safer. Get room-by-room safety checklists, link to recommended products, and set reminders.



CONTENT DEVELOPED IN ASSOCIATION WITH:

