

# The Safe Sleep Guide

Please share or post this safe sleep guide so that everyone knows how to keep your baby safer during sleep time.

\_\_\_\_\_ wants to sleep in a safe space  
(insert name)

You can download another copy from [www.lovetodream.com](http://www.lovetodream.com) or [www.firstcandle.org](http://www.firstcandle.org) to give to all other caregivers, day care center staff or relatives, so that they know how you want to keep your baby safe.



1.

Always place your baby on their back to sleep. Side and tummy positions are not safe.



2.

Use a crib that meets current safety standards. The mattress should be firm and fit snugly in the crib. Cover the mattress with only a tight-fitting crib sheet.



3.

Do not use blankets for sleep time. Use Swaddle UP™ from birth and choose according to baby's weight, not their age. Stop swaddling as soon as baby shows signs of rolling and transition to arms free sleep using Swaddle UP™ 50/50. Consult our clothing guide for better baby temperature regulation.



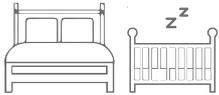
4.

To help prevent your baby from overheating, monitor the room temperature to ensure it is comfortable and well ventilated. Don't overdress your baby or add blankets.



5.

Do not put anything in your baby's sleep space. This includes pillows, bumper pads, stuffed animals or toys. Use a wearable blanket/sleepbag in place of loose blankets.



6.

Place your baby's separate, safe sleep space near your bed to help you protect them. Bed sharing is not recommended.



7.

Make sure there aren't any cords, window coverings, monitors, or electrical items within 3 feet of the baby's crib. The baby shouldn't be able to grab any of those things.



8.

Offer your baby a pacifier if they haven't found their hands to soothe themselves.



9.

Do not expose your baby to cigarette smoke.

