

Safe Sleep for Your Baby

The safest place for a baby to sleep is in the same room with a parent or caregiver, on a separate sleep surface, such as a safety-approved crib, bassinet, or playpen.

It is recommended that babies are always placed on their backs to sleep, even for naps. Babies are placed on their tummies only when awake and supervised by a responsible caregiver.

To prevent overheating, babies should sleep in lightweight clothing, and the room should be kept at a temperature comfortable for an adult.

***A safe sleep environment is important!
In Arizona, 77 babies died in unsafe sleeping environments during 2010.***

- 38 babies died while sleeping in adult beds
- 37 babies died while sleeping on their sides or stomachs
- 39 babies died while sleeping in the same bed with adults and/or other children
- 1 baby died while sleeping in a car seat



Check out these national resources for more information:

- Cribs for Kids (www.cribsforkids.org)
- Keeping Babies Safe (www.keepingbabiesafe.org)
- U.S. Consumer Product Safety Commission: Crib Information Center (www.cpsc.gov/cribs.html)

Safe Sleep Checklist for Caregivers:

My baby:

- ◇ Sleeps alone in a crib, bassinet, or playpen
- ◇ Is placed to sleep on her back
- ◇ Sleeps in a crib without extra bedding or toys. This includes pillows, blankets, comforters, sleep positioners, stuffed toys, or other soft objects in the crib with the baby
- ◇ Sleeps on a tightly fitted sheet over a firm mattress that fits tightly into the crib
- ◇ Her face is not covered during sleep
- ◇ Cribs are placed away from windows
- ◇ Sleeps and lives in a smoke-free environment

Visit www.azdhs.gov/phs/owch/uid.htm for additional information about safe sleep for your baby.

Resources for development of this fact sheet were provided through funding to the Arizona Department of Health Services from the Centers for Disease and Control and Prevention, Cooperative Agreement 1U17CE002023-1, Core Violence and Injury Prevention Program, November, 2011



Health and Wellness for all Arizonans

Factsheet prepared by the
Office of Injury Prevention, Bureau of
Women's and Children's Health using
Hospital Discharge Data and Child
Fatality Review Data