

Safe Sleep for Infants



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**Keep me
SAFE!**



**Let me sleep...
in my CRIB
on my BACK
in YOUR
ROOM**



The safest place for babies to sleep is in their own crib, for at least their first year. For the first six months, it is safest if their crib is in their parent's room.

(Canadian Pediatric Society, 2008)

The crib must meet current Canadian safety standards, and can be used until the child is 90 cm (35 in) tall or until the child can possibly climb out of the crib alone.

(Health Canada, 2008)



What if you want me to sleep with you?

Adult beds are not made for me, and may hurt me. The safest place for me to sleep is in my own crib in your room until I am at least 6 months old. If you choose to sleep on the same surface as me, you may be able to keep me safer by making sure that:

- I always sleep on my back on a firm, flat surface
- I never sleep (by myself or with you) on a waterbed, couch or sofa, air mattress or reclining chair
- no pillows, thick blankets or comforters, sleep positioners or stuffed animals are near me
- you only use a thin blanket to cover me
- you breastfeed me from birth
- I am at least 12 weeks old
- pets and other children (including my brothers and sisters) do not sleep with me
- there are no spaces between the mattress of the bed and the headboard or the walls
- you don't leave me alone on your bed

What other things do you need to know to keep me safe when I am sleeping?

- **Carriages, strollers, car seats, infant swings, bouncers, and playpens** are not made for me to sleep in. If you are watching me closely, it is okay for me to sleep in them for a little while. I should not sleep in them for a long time.
- If my **playpen has an attachable change table or bassinet**, never put me in the playpen while the change table or bassinet is in place. Make sure my playpen mattress pad is firm. Do not add blankets, pillows or an extra mattress.
- **When a crib that meets Health Canada's current safety standards is not available**, I may sleep on the floor, but only if the area is safe. Make sure no pets or small children are around, and follow the guidelines in this pamphlet.



- If you are thinking about using any **products** for sleeping, make sure they meet recommendations in this pamphlet. Contact **Health Canada** with questions about product safety (1-866-662-0666)



It is best if my crib is in your room, at least until I am six months old. If you choose to put my crib in a room that is separate from yours, you may be able to keep me safer by following the "Safety Checklist" found in this pamphlet.

SAFETY CHECKLIST:

- ✓ My crib meets current Canadian safety standards
- ✓ My mattress is firm & there is no space between my mattress & the sides of my crib
- ✓ No pillows, bumper pads, thick blankets or
- ✓ comforters, stuffed animals, sleep positioners, or bottles are in the crib with me
- ✓ I only have a thin blanket on me & I am not hot or sweaty
- ✓ I am not wearing any bibs, necklaces or soother cords
- ✓ My crib is far away from lamps, plugs, blinds, curtains or air vents
- ✓ I sleep in a smoke-free environment

References:

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**For more information, or to
speak to a Public Health Nurse,**

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