

For Grandparents: Keep Baby Safe from SIDS & Suffocation

Sleep is tough for new babies but can be easier when grandparents are there to help.

Lower the risk of SIDS and accidental suffocation by following infant safe sleep guidelines.

You may be surprised to learn...

Back sleeping only.

No side sleeping with a wedge, no tummy sleeping. Baby should be placed on its back for every sleep.

Blankets should only be used for swaddling until the baby starts to roll or for tummy time.

Instead of a blanket, baby should be in sleep sack or an extra layer of pjs or onesie. Remember just one more layer than adult would be comfortable wearing.

Inclined products or a raised head of the crib are not for sleeping.

That means no sleeping in bouncy chairs, mama roos, or carseats. Never elevate the head of the crib for upset tummies. A flat, firm surface only.

Remember, there is no adult mattress that is safe for baby.



- ♥ **Bumper pads are illegal to manufacture, sell, or purchase. Anything with a soft side, like a doc-a-tot is not safe for sleeping.**

That means no bumper pads in the crib and don't use a doc-a-tot or nursing pillow or make a blanket nest for sleeping.

- ♥ **Pacifiers, vaccines, and breastfeeding all reduce the risk of SIDS.**



**Cribs
for Kids®**

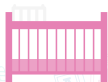
Helping every baby sleep safer



Practice these 12 steps for the first 12 months



Back to sleep
for every sleep



Use a firm, flat,
safety-approved
sleep space



Feed breast
milk to reduce
the risk of SIDS



Share your room,
not your bed



Place baby in a
bare crib



Use a pacifier
to reduce the
risk of SIDS



Avoid smoking,
vaping, and
impairment



Dress baby for the
environment, swad-
dle safely, and no
hats



Keep up with all
medical visits and
vaccines



Research baby
products before
buying



Practice
Observed
Tummy Time



Spread the safe
sleep message

Learn more at www.cribsforkids.org