

just born®

Safe Sleep Tips



- Always place _____ on _____ back to sleep, for all naps and at night to reduce the risk of Sudden Infant Death Syndrome (SIDS). Side and tummy positions are not safe.
- Always place _____ in a crib, portable crib or play yard style crib that meets current safety standards for every sleep. The mattress must be firm and fit snugly in the crib, portable crib or play yard style crib. Only use a sheet that fits securely on the mattress.
- Never place anything soft, loose or fluffy in _____ sleep space. This includes pillows, blankets, comforters, pillow-like bumpers, stuffed animals, toys and other soft items.
- Falling asleep with _____ on a bed, couch or armchair is dangerous. Room share instead by placing _____ in a portable crib or play yard style crib next to your bed.
- Never place _____ to sleep on top of any soft surface. This includes adult and toddler beds, waterbeds, pillows, cushions, sheepskins, sofas and comforters.
- Do not use a car seat, swing, bouncer seat, stroller, infant carrier or infant sling for _____ routine sleep.
- Avoid overdressing _____. Use a Wear-a-Blanket® or other type sleeper instead of loose blankets to keep _____ warm and safe at nap time and nighttime. Keep the room temperature at a level that feels comfortable to a lightly clothed adult.
- Do not use positioners or wedges to prop _____ up or keep _____ on _____ back.
- Offer _____ a pacifier every time you place _____ down to sleep. Pacifiers should only be offered to breastfed babies when nursing has been well established (which is usually around 3-4 weeks).
- Do not allow smoking around _____.



EMERGENCY NUMBERS

911

Poison Control:
1-800-222-1222

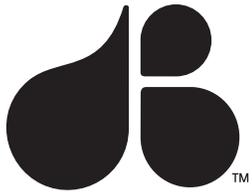
Pediatrician:

Dr. _____

Hospital:

In case of an emergency call:

Notes:



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