

Safe Sleep Environments

The infant is always placed to sleep on their back, on a firm sleep surface, such as a safety-approved crib mattress, and in a safety approved crib, porta-crib or playpen.

In order to reduce the risk of sleep related deaths, use a sleep sack with the infant instead of a blanket.

Infants should be laid down to sleep in a crib with a firm mattress and never in a bouncy seat, swing or car seat.



The mattress fits snugly in the crib and the fitted crib sheet fits tightly around the mattress.

Stuffed animals, stuffed toys, bumper pads, and loose bedding are kept out of the sleep area.

There is no smoking on the premises. The infant is kept away from any area where smoking has occurred.