

# What does a safe sleep environment look like?

*Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death*



Use a firm sleep surface, such as a mattress in a safety-approved\* crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.

Do not smoke or let anyone smoke around your baby.

Make sure nothing covers the baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.



\*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.



Eunice Kennedy Shriver National Institute of Child Health and Human Development



# SAFE SLEEP EDUCATION ACKNOWLEDGEMENT FORM

CASE NAME:

DATE:

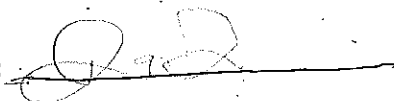
CASE MANAGER:

Parent/Guardian/Caretaker: I have received information about the ABC's of infant safe sleep and understand that:

- My baby should sleep Alone in his or her own sleep space, not with caretakers or siblings.
- My baby needs to sleep on his or her Back, because side or tummy sleeping is dangerous.
- My baby should sleep in a Crib and have his or her own sleep space; free from toys, blankets, siblings and other items that could pose a risk for suffocation.
- Room sharing is safer for my baby and is recommended, instead of bed sharing.
- Tobacco smoke is dangerous for my baby.
- Breastfeeding is recommended to reduce the risk of SIDS.
- My baby does not need lots of extra blankets and clothes. I should avoid overheating him or her.

FOR MORE INFORMATION CONTACT: I

Caretaker Signature:



Date:

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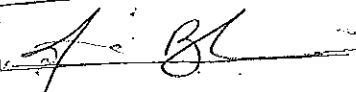
Caretaker Signature:

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Date:

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Case Manager Signature:



Date:

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