



# What does a Safe Sleep *Environment* Look Like?

1

Remove all loose bedding, comforters, quilts, stuffed animals, bumpers, and pillows from your baby's sleep area.

2

Baby's sleep area should be placed in the parent's room if possible.

3

Never let a baby fall asleep in a bed, chair, couch, or with another person. Baby should always sleep alone.

4

Consider using a sleep sack instead of a blanket. If a blanket is used, make sure it is no higher than the middle of the chest and tucked into the mattress.

5

Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.

6

Provide "Tummy Time" when your baby is awake and supervised.

7

Place your baby to sleep on his or her back for every sleep, including naps and at night.

8

Breastfeeding is best. After breastfeeding is established, offer your baby a clean dry pacifier during sleep.

9

Do not smoke or let anyone smoke around your baby.

10

Use a firm sleep surface, for example a crib, bassinet, or Pack n' Play covered by a fitted sheet.

In partnership with Upstate Golisano Children's Hospital, the Upstate Foundation, and Kohl's Cares. Visit [www.UpstateSafeSleep.org](http://www.UpstateSafeSleep.org) for additional information.

