

# Babies Need Cribs Make Them Safe



After several studies the Graco Pack 'n Play was chosen as the best crib for our program because of its size, convenience, portability and ease of assembly.

## Your baby's crib should have:

- Railings that are not more than 2 $\frac{3}{8}$  inches apart (you can't fit a soda can through them.)
- A firm mattress that fits snugly in the frame.
- A fitted sheet that is tight around the mattress.
- No quilts, comforters, duvets, heavy blankets, stuffed animals, bumper pads, sleep positioners sheepskins, etc. They can obstruct the baby's breathing.

For more information  
go to the Consumer Product  
Safety Commission's website at  
[www.consumer.gov/productsafety.htm](http://www.consumer.gov/productsafety.htm)  
or call toll free at 1-800-638-2772.



To reduce the risk of infant sleep-related deaths, the Consumer Product Safety Commission, **Cribs for Kids**, and the American Academy of Pediatrics recommend that Infants sleep on their backs on a firm mattress in a safety-approved crib, with no soft bedding or comforters, with no exposure to cigarette smoke, and with a room temperature that is comfortable to adults.

Since 1998, the national **Cribs for Kids** campaign has provided cribs and educational materials about ways to prevent accidental suffocation, and reduce the risk of SIDS, to families throughout the United States. This is made possible thanks to the generosity of foundations, corporations, special event fundraisers, and partnerships with Graco Children's Products and Pitt Ohio Express.

***Babies are safest sleeping alone,  
on the back, in a safety-approved crib;  
never on their front or side.***

***Cribs for Kids is a National Infant Safe Sleep Initiative*** headquartered in Pittsburgh, PA.  
For more information or to make a donation please contact us at:

**Cribs for Kids**  
5450 Second Avenue  
Pittsburgh, PA 15207  
412-322-5680 or 888-721-CRIB  
[www.cribsforkids.org](http://www.cribsforkids.org)  
[facebook.com/CribsforKidsHeadquarters](https://facebook.com/CribsforKidsHeadquarters)

Download Cribs for Kids App



safe  
sleep  
for  
your  
baby



**E**very year, some infants die while sleeping. Parents can reduce the risks of this tragedy by knowing and following some simple guidelines. These guidelines will help you meet the goal of making sure the sleeping baby's breathing remains clear and unobstructed, and you will be assured that the baby does not get into a position that could cause injury or even death.

### **What is the safest way for a baby to sleep?**

The safest way for your baby to sleep is alone, on its back, in a crib. Babies have died because they were smothered by an adult, another child, or objects such as pillows, comforters, bumpers, soft bedding, and stuffed animals. Babies can also get trapped between the bed and the wall or bed frame, or between the cushions on a sofa. Sometimes a baby is injured by rolling off an adult bed.

### **What if my babysitter wants to let my baby nap on a sofa or a cushioned chair?**

Even away from home, a baby should always sleep in a safety-approved crib. Some parents use a portable crib or Pack 'n Play for trips away from home.

### **I like the closeness of sleeping with my baby, how can I do this safely?**

Cuddling with the baby during feeding time and waking hours can best develop that closeness. However, at bedtime, room-sharing is best. With a baby-safe crib placed next to your bed, the baby will sense your nearness and still have a safe place to sleep.



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Keep your  
sleeping  
baby safe.



### **Guidelines for Parents and Caregivers...**

- The safest way for your baby to sleep is alone, on its back, in a crib.
- The baby's crib should be in the parents' room, if possible. The crib should have a firm mattress that is closely fitted to the sides of the crib, and a tight-fitting sheet.
- Don't over-dress or over-bundle the baby. Consider using a sleeper or sleep sack instead. Do not use pillows, bumpers, toys, or wedge.
- Never let a baby fall asleep in a bed, chair, or on a couch with another person.
- A baby should sleep in a smoke-free home.
- Breastfeeding has important health benefits for babies, but do it safely. When breastfeeding, make sure you are in a position that will allow you to stay awake. When finished, return the baby to the crib.
- After breastfeeding is firmly established consider offering your baby a pacifier at naptime and night time.