

Our mission is to ensure the well-being of children in York Region through protection, prevention and advocacy, in partnership with families and community.



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For more information,  
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[www.YorkCAS.org](http://www.YorkCAS.org)

Information provided by  
the Canadian Foundation for  
the Study of Sudden Infant Deaths

More information is available from Health Canada

# Safe sleep for baby

It's as simple as  
ABC and 123

**A**lways on my  
**B**ack in my own  
**C**rib

**1** No bumper pads, pillows,  
heavy covers or comforters,  
stuffed toys or loose  
materials in the crib

**2** No wedges, rolled towels  
or other ways to keep baby  
on his/her side

**3** No bottles of milk, juice  
or water; no pacifiers  
on a string

Sudden Infant Death Syndrome (SIDS) is the sudden or unexplained death of an apparently healthy infant. Current research shows that good, safe sleeping habits reduce the risk of SIDS.



Safe sleep  
for baby



You can create a safe sleep environment for your baby by following these guidelines.

They apply to all infants up to the age of one year.

**Place baby on his/her back, alone in his/her own crib** on a firm mattress covered by a tight-fitting cotton sheet. Never prop baby on his/her side.

**The crib should be manufactured after September, 1986;** it should meet current safety standards and be in a state of good repair. It should contain a firm mattress that fits snugly against all four sides. Spaces between the crib bars should be no more than 6 centimeters or 2-3/8 inches. Plastics, such as the mattress cover, should be removed before use. Always raise the crib sides to the up position and, as soon as baby can sit up, move the mattress down to the lowest position.

**For the first six months, the safest place for baby's crib is in the parents' bedroom.** Never place the crib next to a radiator or heater or in direct sunlight. Keep the crib away from windows, blinds and cords, curtains, lamps, extension cords and electrical outlets.

**The best option is to dress baby in a wearable blanket or use a sleeper** so that a thin blanket is the only cover needed. Never use hot water bottles or electric blankets. Never use duvets, comforters or other heavy covers. Never use pillows. Baby should not wear jewelry.

**Baby should sleep in a room that's quiet, dark and slightly cool.** Don't overheat or overdress baby, especially when ill.

**Keep the crib free of clutter.** No toys or stuffed animals, pillows. Never tie toys to the crib and never put a pacifier on a string. Hanging crib toys should be out of baby's reach and removed as soon as baby begins to push up on his/her hands and knees or by five months, whichever comes first. Do not leave a bottle of water, juice or milk in the crib.

**Sharing a bed with your baby can be dangerous.** Never share a bed with a baby if you smoke, have been drinking, using drugs or taking medication that might make you sleepy, or if you are obese. Baby should not sleep on an adult bed or on a water bed, air mattress, car seat, couch or swing, or in a bed with other children.

**Keep cigarette smoke away from baby.** If you or your guests smoke, take it outside!

