

From A to Zzzzz's Safe Sleep

When you put your baby down for a nap or at bedtime, you'll rest much easier knowing that their crib environment is as safe as can be.

Remember:

- Children under 1 year should never use plush materials such as a water bed, heavy quilt, beanbag-chair, pillow, or lambskin, since they can easily suffocate.
- Never hang an item from the crib or bed. Never tie a toy or an item such as a laundry bag from the bedpost or crib slats, since the string could pose a risk of strangulation.
- Use cotton or synthetic bedding, especially if your family has a history of allergies. Wool fibers are more likely to produce allergic reactions in susceptible kids. If your child is severely allergic, encase the mattress in covers designed to reduce or eliminate allergens.
- Babies should be placed to sleep in a safety approved crib or bassinet with a firm mattress, using a well-fitted sheet made for the mattress.
- **ABC's** of Safe Sleep-Children should: Sleep **Alone**, on their **Backs**, in a **Crib** and cool (70 degrees), **Smoke-free** environment.
- Always put your baby to sleep on their back.
- Baby is safest sleeping alone, but in a room with a responsible adult.

