**Talk With Your Child Care Provider**

- Talk about your baby’s sleep patterns and habits.
- Ask to see where your child will be napping while in the provider’s care.
- Ask what your provider will do in the case of an emergency and keep your contact information up to date.
- Make sure the caregiver’s CPR and First Aid certification is current.

**Make Sleep Time a Safe Time**

- **DO** put the baby to sleep on his/her back - always!
- **DO** put the baby to sleep in a crib.
- **DO** keep a sleeping baby where you can hear him/her.
- **DO** check on a sleeping baby frequently.
- **DON’T** put a baby to sleep in a bed, car seat, sofa or chair.
- **DON’T** place toys, bedding, pillows, and stuffed animals in the crib.
- **DON’T** let a baby overheat during sleep – keep room temperature between 68º-72ºF.
- **DON’T** cover a baby’s head or bundle a baby in heavy clothing.
- **DON’T** allow smoking around the baby - keep the baby’s sleeping environment smoke-free.

**DID YOU KNOW?**

- **Sudden Infant Death Syndrome (SIDS)** is the leading cause of death for infants 1 month to 12 months old.
- Every hour, one baby dies from SIDS.
- One in five SIDS deaths occurs while an infant is in the care of someone other than a parent.
- A baby is most at risk of SIDS:
  - Between 2-4 months old
  - In the first few weeks of a new child care arrangement
  - When they are used to sleeping on their back and then put to sleep on their tummies.
- You can reduce your baby’s risk of SIDS by making sure that you and those who care for your baby are using safe sleep practices.
- When awake, a baby needs supervised time on his/her belly to encourage physical development.

**A safety message from the**

**Massachusetts Department of Early Education and Care**

For more information visit our website at [http://www.eec.state.ma.us/](http://www.eec.state.ma.us/)