# Keeping Sleep Time Safe

Information for Child Care Providers

* Always put a baby to sleep on his/her back.
* Keep soft bedding & toys out of crib.
* Check on a sleeping baby frequently.
* Call 911 in an emergency.

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.
	+ When awake, a baby needs supervised time on his/her belly to encourage physical development.

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.

DO practice your CPR and First Aid skills so you are ready in an emergency.

DO call 911 immediately if a baby is not responding.

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 68 degrees – 72 degrees F.

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.

Talk With Your Families

* Find out about the baby’s sleep patterns and habits and discuss safe sleep practices.
* Show parents where the baby will nap.
* Inform parents about your procedures should an emergency occur.

A safety message from the Massachusetts Department Early Education and Care

For more information visit our [website](http://www.mass.gov/edu/government/departments-and-boards/department-of-early-education-and-care/).