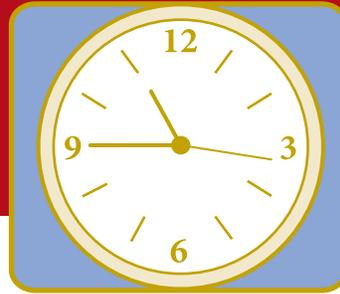




Always put a baby to sleep on his/her back.



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°-72°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 of  
Early Education and Care**

For more information visit our website at <http://www.eec.state.ma.us/>