



Safe Sleeping—Think Safety

A Guide for Parents and Caregivers

Safety Facts

- Never share your bed with your baby
- Safest place for your baby to sleep is in their own crib, in caregiver's room, for first few months
- Keep baby's room cool when sleeping
- Do not overdress/overheat baby, especially when they are ill
- Always position baby on their back to sleep
- Make sure baby's head/face remains uncovered

Overheating

- Overheating can be caused by too much bedding/clothing or because the room is too hot
- Ideal room temperature is 18°C or 65°F
- Dress baby in sleeper and one additional, light layer receiving blanket or wearable blanket

Cribs

- Place baby on firm mattress in crib
- Never alter a crib
- Always follow crib manufacturer's instructions
- Ensure mattress support is secure
- Keep toys and stuffed animals out of the crib
- Do not use a crib manufactured before 1986 as it does not meet current requirements
- Make sure the crib has not been recalled before using—check with the manufacturer or Health Canada

Crib Placement

- Place crib away from windows due to drafts and risk of falling
- Keep crib away from radiators to avoid overheating
- Tie up all cords and curtain strings
- Place mobiles out of baby's reach; remove when baby is sitting up
- Do not use pillows, bumper pads, blankets, duvets or quilts—especially adult bedcovers—on or under baby

Twins

- If sleeping together, place one at each end of the crib with feet to crib's ends
- When twins can move freely, separate into their own cribs

Mattresses

- Should always be firm and tight-fitting to avoid gaps and suffocation hazards
- If you have a used mattress, check for tears, rips and mould—do not use if any of these are present
- Make sure the mattress meets current standards and is a snug fit in the crib
- Ensure the mattress is at the lowest setting when baby can sit up



Bassinets

- Bassinets **do not** have the same safety standard requirements as cribs
- If a bassinet is your only option, ensure:
 - it's well ventilated
 - padding is removed
 - it has a firm/fitted mattress; and
 - it's kept clutter free

Playpens

- Playpens **are not** safe for sleeping; only use for supervised play
- Ensure playpen is a newer model with mesh sides for air flow
- Keep playpen clutter free
- Never place baby in bottom of playpen with bassinet or change table insert attached

Car Seats

- Car seats **are not** safe for sleeping
- Car seats **do not** provide a flat, firm sleeping surface
 - Avoid covers and blankets
- If baby falls asleep in a car seat, move them to a safe sleep surface right away

For current regulations, visit Health Canada's website at www.hc-sc.gc.ca

Additional Resources for Parents/Caregivers

Canadian Paediatric Society

T: 613.526.9397 | F: 613.526.3332 | www.cps.ca

Health Canada

T: 613.957.2991 | F: 613.941.5366 | Toll Free: 1.866.225.0709

email: info@hc-sc.gc.ca | www.hc-sc.gc.ca

The Canadian Foundation for the Study of Infant Deaths

T: 905.688.8884 | F: 905.688.3300 | Toll Free: 1.800.363.7437

email: sidsinfo@sidscanada.org | www.sidscanada.org

Canadian Institute of Child Health

T: 613.230.8838 | F: 613.230.6654

email: cich@cich.ca | www.cich.ca

Halton Children's Aid Society

T: 905.333.4441 | F: 905.333.1844 | Toll Free: 1.866.607.KIDS (5437)

www.HaltonCAS.ca

Safe sleep for your baby is as simple as "ABC"

Babies should sleep . . . **A**lone, on their **B**acks in a **C**rib

