

# safe sleep in child care

support the safety of infants in your care by following these updated safe sleep regulations.



## What is a safe sleep environment?



Babies should be placed in a free-standing crib or other piece of furniture designed for infant sleeping.



Cribs or other furniture used for infant sleeping must meet the United States Consumer Product Safety Commission (CPSC) requirements. Check the manufacturer details associated with each crib to obtain this information.



Cribs and infant sleep furniture should be in good condition: sturdy, clean, and well-constructed.



Sheet must fit crib or "pack 'n' play" snugly. Only use sheets that are specifically designed to fit over the mattress used for infant sleeping.



## Safe sleep practices:

No items (e.g., pillows, soft bumpers, toys, and blankets) should be with an infant in a crib or hung over the side of a crib except for a pacifier without attachments.

Babies under one year old must be placed on their backs for sleeping.



Child care staff should check on babies under one year old at least every 15 minutes to assess the infant's breathing, color, temperature, and comfort.

nothing but baby



## Remember:

No infant should be put to sleep on a sofa, bed, couch, or other soft surface.



Babies must not be put to sleep or allowed to remain asleep in a child car seat, infant carrier, swing, or any place that is not specifically designed to be an infant bed. If a baby arrives to care in their car seat, they should not be allowed to remain in the car seat for any length of time, even if they are sleeping. If a baby falls asleep in a swing, infant carrier, or other surface not approved for safe sleep, baby should be moved to a safe sleeping space.



Children under three years of age should not be wearing teething necklaces, teething bracelets, or other jewelry that could cause choking or harm.