

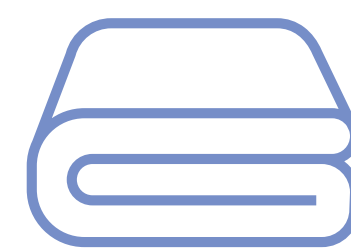
safe sleep for babies

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



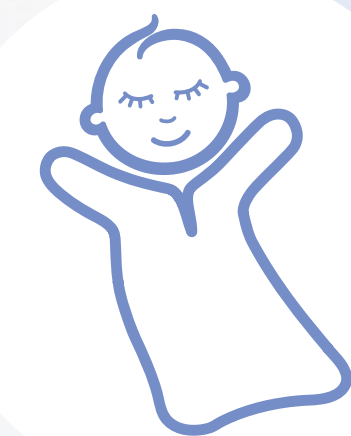
Babies Sleep in Cribs

Only approved cribs and
sleep surfaces.



Fitted Sheets

Snugly fitting sheets.



Back to Sleep

Place babies on their back.



Clean, Clear Crib

No items (e.g., pillows, soft
bumpers, toys, and blankets)
in crib. No teething
necklaces, bracelets, or
other jewelry.



15-Minute Checks

Child care staff should
check on sleeping babies
at least every 15 minutes.



Safe Sleep Surfaces Only

Babies shouldn't sleep in a
car seat, infant carrier, swing,
or a place not designed to
be an infant bed.

For more information about safe sleep for infants, please visit ctoec.org/safe-sleep.