

Infant-Toddler Safe Sleep Checklist

Help keep babies safe while they sleep. Follow these tips to reduce the risk of SIDS or Sudden Infant Death Syndrome.

Safe Sleep

Always put a healthy baby on the back to sleep.
Do not switch baby from the back to the stomach or side.
Do not put a baby in a crib with another baby.

Create a Safe Sleeping Place

Use a safety-approved crib with a firm mattress and a tight-fitting sheet.
Do not use sofas, chairs, pillows, waterbeds or an adult bed.
Remove toys, stuffed animals, fluffy blankets and pillows from the crib when baby sleeps.
Wedges and bumper pads are not needed.
Keep cigarette smoke away from the baby.

Keep Baby Comfortable, Not Too Hot

Do not over-bundle or over-wrap the baby.
Use a light blanket. Tuck it in along the sides and foot-end of the mattress.
Do not cover baby's face with blankets.
Dress the baby in layers that can be removed.
Set the room temperature at 68° to 72° F.

Inform Staff and Parents

Review this checklist with other caregivers or substitute staff.
Provide a written "Safe Sleep" policy.
Get a written note from a doctor if the baby must sleep on the stomach or side for medical reasons.

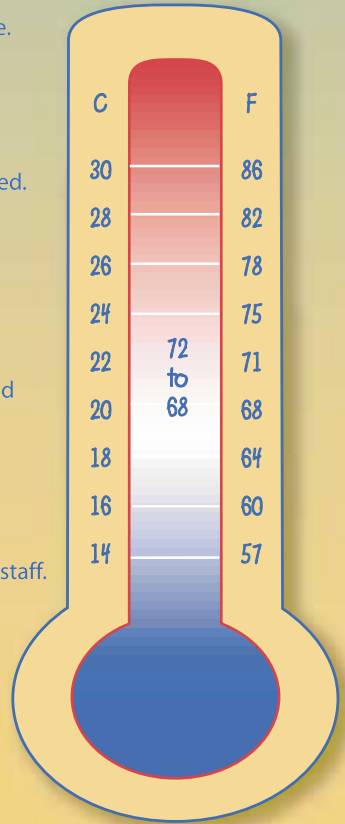
Give Awake Babies Supervised "Tummy Time"

For exercise, play and to explore surroundings.

The Rule is Easy:

Stomach to Play and Back to Sleep

For baby's healthy development and to lower the risk of SIDS.



I, _____, sleep on my back

Baby's Name

OR on my _____ for a medical reason.

Today's date: _____



Resources

■ **NC Family Health Resource Line**

1-800-FOR-BABY or 1-800-367-2229 TTY for hearing impaired 1-800-976-1922
Statewide, toll-free resource available Monday-Friday 8:00 am - 5:00 pm.
Provides English and Spanish information on health, safety and parenting topics.

■ **North Carolina SIDS Program**

(919) 715-8430

Monday-Friday 8:00 am - 5:00 pm

A service of the Division of Public Health-Women's and Children's Health Section.
SIDS counselors at county health departments provide information and grief counseling.

■ **www.NCHealthyStart.org**

(919) 828-1819

North Carolina Healthy Start Foundation works to reduce infant death and illness and to promote the health of young children in NC.

■ **www.ncchildcare.net**

1-800-859-0829

The Division of Child Development oversees all aspects of child care services in North Carolina.

■ **www.ncchildcarenetwork.org**

NC Child Care Resource & Referral Network helps parents find child care and helps providers deliver quality service.

■ **www.ncsmartstart.org**

NC Partnership for Children - Smart Start provides access to quality child care, health care and family services.

■ **www.healthychildcarenc.org**

1-800-CHOOSE-1 or 1-800-246-6731

Monday- Friday 8:00 am - 5:00 pm

NC Child Care Health & Safety Resource Center provides health and safety information, technical assistance and resources to the child care community statewide.

■ **http://nrc.uchsc.edu**

1-800-598-KIDS or 1-800-598-5437

National Resource Center for Health and Safety in Child Care outlines health and safety standards for child care and promotes health and safety in child care nationwide.

■ **www.aap.org and www.ncpeds.org**

The American Academy of Pediatrics and the NC Pediatric Society promote the health and safety of children.

■ **www.nichd.nih.gov/sids**

1-800-505-CRIB or 1-800-505-2742

The National Back To Sleep Campaign to reduce SIDS.

■ **www.sidsalliance.org**

1-800-221-7437

A national SIDS organization with state affiliates.

■ **www.cpsc.gov**

CPSC Consumer Hotline: 1-800-638-2772

The Consumer Product Safety Commission oversees product safety.

