Safe Sleep is Picture Perfect
## Safe Sleep is Picture Perfect

### Crib and Mattress
- Use a crib made after 2011, a bassinet, or a play yard.
- Use a firm mattress that touches all sides of the crib.
- Don’t allow gaps wider than 2 finger-widths between the mattress and crib.
- New requirements made cribs even safer after 2011.

### Bumpers
- Don’t use bumpers.
- Bumpers have led to death by suffocation.
- Since the 1970s, crib slats have been required to be close enough that babies’ heads can’t fit in the gap.
- Babies are not strong enough to hurt themselves by rolling against the crib.

### Bedding
- Use only a firm mattress and a fitted sheet.
- No blankets in the crib.
- Use blankets as decor outside the crib, or save them for when your child is no longer a baby.
- Long-sleeved bodysuits or footed pajamas keep baby warm but not too warm.

### Toys and Stuffed Animals
- Don’t put toys or stuffed animals in the crib.
- Use toys to add to the room’s decor, like on the changing table or a chair.
- Let baby play with toys on the floor during supervised tummy time and play time.

### Pillows
- Don’t put pillows anywhere baby sleeps.
- If you like, use pillows as colorful decoration outside the crib, like on a chair or in a reading corner.
- Pillows should be for adult use only, not babies.

### SAFE SLEEP CHECKLIST
- Put baby Alone, on their Back, in a Crib (ABC).
- Use a crib, bassinet, or portable play yard.
- Use a firm mattress and fitted sheet.
- Keep everything else out of the crib.
- Snuggle baby when he/she wakes up.

### WANT MORE INFO?
Visit SafeSleepIsPicturePerfect.org:
- Tips for parents and other caregivers
- Links to online resources and in-person support
- Questions and answers about baby sleep, from safety to developing good sleep habits

---

**3 key bed items:**
- Firm mattress
- Fitted sheet
- Crib/bassinet/play yard.

**Bumpers are more dangerous than the bumps they prevent.**

**Babies can suffocate by getting trapped in a blanket.**

**Babies can suffocate if their face presses against a toy or stuffed animal.**

**Pillows can cover a baby’s mouth and nose so they can’t breathe.**