



## Kohl's Safe at Home

# Safe Sleep for Your Baby And Crib Safety

Recommendations that may help keep your baby safe in the first year of life.

### **Step 1: Crib (new or used)**

- Check crib for:
  - ✓ Recalls ([www.cpsc.gov](http://www.cpsc.gov))
  - ✓ Missing or loose parts
  - ✓ Bars that are not more than 2-3/8<sup>th</sup> inches apart (a soda can should not be able to pass through)
  - ✓ No alterations of any kind

### **STEP 2: Crib placement**

- To prevent injuries keep crib away from:
  - ✓ Heating vents
  - ✓ Windows
    - Use window coverings that are cordless
  - ✓ Walls and furniture
  - ✓ Any objects that can be pulled down on him or herself
  - ✓ Place a rug under the crib to cushion any accidental falls

### **STEP 3: Inside the crib**

- Crib mattress:
  - ✓ Should be firm and approved for crib use
  - ✓ Fit snugly against the crib frame
  - ✓ Covered only with a fitted sheet

### **STEP 4: As your baby grows**

- Once your child can push up or stand on his or her own:
  - ✓ Remove or raise mobiles
  - ✓ Lower crib mattress to its lowest setting

### **SIDS**

- What you should know about Sudden Infant Death Syndrome (SIDS):
  - ✓ It is the unexplained and unexpected death of a seemingly healthy infant 1 year of age or younger
  - ✓ It is the leading cause of death in infants from one month to one year of age
  - ✓ Most deaths occur between 2 and 4 months of age
  - ✓ More deaths occur during colder months
  - ✓ African and Native Americans are at highest risk

### **Recommended Safe Sleep for Your Baby**

- The safest way for your baby to sleep and ways to help reduce the risk of SIDS:
  - ✓ Baby should sleep **Alone**
  - ✓ On his or her **back**
  - ✓ In a **crib** free of pillows, blankets, and toys
  - ✓ In a one piece sleeper or sleep sack
  - ✓ In a smoke free environment



## Tips for safer sleep and to help reduce the risk of Sudden Infant Death Syndrome (SIDS):

- Quit smoking
  - ✓ Mothers who smoke have a greater risk of losing a baby to SIDS
  - ✓ Smoking is linked to low birth weight
  - ✓ Smoking is linked to pre-mature births
- Resist the temptation to sleep with your baby
  - ✓ In bed, on a couch or in chairs
  - ✓ Room share instead
- Use a pacifier:
  - ✓ Clean dry pacifier – no coating
  - ✓ It calms and comforts the baby
  - ✓ Do not force your infant to take it
  - ✓ Do not start use until breastfeeding is well established – at least one month
  - ✓ Evidence shows use may reduce the risk of SIDS
- Do not over bundle the baby:
  - ✓ Recommended room temperature is between 65 and 75 degrees Fahrenheit
  - ✓ Dress baby with one more layer of clothing than you yourself would be comfortable
  - ✓ Check for signs of overheating
    - Damp hair
    - Flushed cheeks
    - Sweating
    - Heat rash



## MYTH BUSTER:

- ❖ Research shows that babies who die from choking are more likely to be sleeping on their tummies.
- ❖ SIDS can happen anywhere, not just in cribs!!!!
- ❖ Flat spots developed on the back of your baby's head is temporary and can be reduced through plenty of supervised tummy time.
- ❖ The risk of SIDS is higher when babies sleep with their parents or other family members or caregivers.



## New Crib Regulations:

The Consumer Product Safety Commission (CPSC) approves strong new crib safety standards to ensure a safe sleep for babies and toddlers.

- The new regulations will:
  - ✓ Stop the manufacture and sale of traditional drop side cribs
  - ✓ Make stronger mattress supports
  - ✓ Make crib hardware more durable
  - ✓ Make safety testing more rigorous
- The following places must follow the new regulations for cribs:
  - ✓ Child care facilities
  - ✓ Family child care homes (or Home Day Care)
  - ✓ Infant Head Start centers
  - ✓ Place of public accommodation
    - Hotels and motels

For more information please visit:

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