

S: Sleep

Always put your baby on their back to sleep in an empty crib.

It is always safer to put your baby in a cradle or crib to sleep. It's okay if they fall asleep in your arms if you are alert or standing up. But babies get better sleep when they are in a crib, so use cribs for nap time and bedtime. Sleep is how your baby's brain grows and develops. Babies need a lot of sleep.

Setting up a safe sleep environment—an empty crib with only a tight-fitting sheet in a warm and dark room—will help you and your baby settle in to this new routine.





What is safe sleep?

Safe sleep is a special way of putting your baby down to sleep that makes sure they can breathe and won't fall while they are sleeping. It is so important to practice safe sleep every time your baby goes down, both at night and for naps. If you feel sleepy, do not hold your baby on a couch or adult bed. Put the baby down safely first, and then you can rest.

The safest way for a baby to sleep is on their backs in an empty crib.

Make sure their crib has only a firm mattress and a tightly-fitted sheet: no toys, no blankets, no bumpers!

Make sure the sleep environment is quiet, smoke-free, and not too warm.

There are more safe sleep tips on this handy Door Hanger from the Department of Public Health (DPH) and in the Resources section.