



SAFE BED-CHECKUP FOR BABIES UNDER 1 YEAR

Protect your little one by ensuring their sleeping environment is safe for night-night. The best way to do this is to:

- Before selecting a crib, make sure it meets current safety standards and has not been recalled.
- On a firm, tight-fitting mattress, lay your precious bundle on his/her back. Do not lay on tummy.
- Remove pillows, quilts, comforters, pillow-like stuffed toys and other soft products from the crib.
- Use a warm sleeper as an alternative to blankets.
- If you must use a blanket, put your tike's feet at the end of the crib. Tuck a thin blanket around the crib mattress reaching only as far as his/her chest.
- Make sure your baby's head remains uncovered during sleep.
- Do not place baby on soft mattress, pillow, waterbed or other soft bedding.

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