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)
  - Missing or loose parts
  - Bars that are not more than 2-3/8\(^{th}\) 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

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**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: [www.kohlssafeathome@texaschildrens.org](http://www.kohlssafeathome@texaschildrens.org)