

# Safe Sleep in Child-Care Settings



## Caregivers:

Encourage new mothers to follow the American Academy of Pediatrics (AAP) recommendations for Safe Sleep and Breastfeeding for 12 months. Any breastfeeding for 2-4 months reduces the risk of SIDS by about 40 percent

## Child-Care Providers – Put Babies Safely to Sleep

Here are six ways to keep the baby in your care safe

Put baby to bed on their back – it's the safest way



Put them to sleep in their crib, bassinet or other safe sleeping space



Use a firm and flat mattress with a tight sheet



Keep sleep surface clutter-free – no pillows, bumper pads, blankets, toys



No surface sharing – bed, couch, chair, or any other surface area



Consider offering a pacifier at nap time and bedtime\*

\*Do not use a pacifier until after breastfeeding is well-established.

