

# HEALTHY AND SAFE SLEEP TIPS FOR INFANTS 0-12 MONTHS

## Did you know?

| # | Theme                                   | Title  |
|---|---|--|
| 1 | The safest place for an infant to sleep | Did you know that the safest place for an infant to sleep is in a crib, cradle, or bassinet? |

**The safest place for infants to sleep is in a crib, cradle, or bassinet that meets current Canadian regulations.**

- ◆ Place your infant to sleep on a separate sleep surface, in an age appropriate crib, cradle or bassinet that meets current Canadian safety regulations.
- ◆ Share the same bedroom with your infant for at least the first 6 months of life. Place the crib, cradle or bassinet next to your bed.
- ◆ Right from birth, always place babies on their back to sleep, at nap time and night time.
- ◆ Provide a sleep surface that is firm and flat.
- ◆ Remove pillows, comforters, quilts, stuffed animals, bumper pads, positional devices or other loose or soft bedding materials that could suffocate or smother an infant.
- ◆ Dress your infant in a comfortable, fitted, one-piece sleepwear.
- ◆ Ensure that the room temperature is comfortable for everyone.
- ◆ Baby seats, swings, car seats, bouncers, strollers, slings and playpens are not safe substitutes for a crib.

### Links:

- ◆ **Health Canada – Is Your Child Safe? Series**  
[www.hc-sc.gc.ca/cps-spc/pubs/cons/child-enfant/index-eng.php](http://www.hc-sc.gc.ca/cps-spc/pubs/cons/child-enfant/index-eng.php)
- ◆ **Public Health Agency of Canada: Safe Sleep** [www.publichealth.gc.ca/safesleep](http://www.publichealth.gc.ca/safesleep)
- ◆ **Canadian Paediatric Society: Caring for Kids**  
[www.caringforkids.cps.ca/handouts/safe\\_sleep\\_for\\_babies](http://www.caringforkids.cps.ca/handouts/safe_sleep_for_babies)
- ◆ **Baby's Breath** [www.babysbreathcanada.ca/](http://www.babysbreathcanada.ca/)
- ◆ **Local public health unit**  
[www.health.gov.on.ca/en/common/system/services/phu/locations.aspx](http://www.health.gov.on.ca/en/common/system/services/phu/locations.aspx)