

HEALTHY AND SAFE SLEEP TIPS FOR INFANTS 0-12 MONTHS

Did you know?

#	Theme	Title
4	Creating safe sleep environments	Did you know that creating safe sleep environments will reduce the risks of infant death?

Infants need to be in safe environments at all times. Always create safe sleep environments for your infant.

- ◆ Share the same room 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.
- ◆ Ensure that your baby equipment meets current Health Canada consumer product safety standards.
- ◆ Remove pillows, comforters, quilts, stuffed animals, bumper pads, positional devices or other loose or soft bedding materials that could suffocate or smother an infant.
- ◆ Ensure that all ropes and cords are out of reach of infants e.g., curtain or window blind cords, electrical cords, strings on clothing, etc.
- ◆ Keep small items out of reach of infants. Do not allow your infant to put such items in their mouth.
- ◆ Baby carriers, car seats, bouncers, slings, strollers, wings and playpens are not a safe place for an infant to sleep.
- ◆ Car seats or any other devices that keep the infant seated or in a semi-reclined position are not made for unsupervised sleep. Sleeping in a sitting position can cause your baby's head to fall forward which can make it hard for your baby to breathe.
- ◆ It is important that your infant is not too hot during sleep. Overheating is a risk factor for SIDS. Dress your infant in a fitted one-piece sleepwear and to set the room temperature so it is comfortable for you. If you choose to use a sleep sack, follow the manufacturer recommendations and choose the correct size. You want to avoid the risk of your infant's head slipping into the sack.
- ◆ Take precautions if you give a pacifier to your infant.
 - Do not tie the pacifier ribbon or cord to the infant's clothing. The ribbon or cord can get wrapped around the infant's neck and can cause a strangulation hazard.
 - Inspect the pacifier frequently and throw it away when it starts to wear out.
 - Keep pacifiers clean. They can be a source of infection when they come in contact with different surfaces.
- ◆ Take precautions if you choose to swaddle your infant.
 - Follow your infant's cues and don't wrap if your infant resists.
 - Use a lightweight blanket and dress your infant in a light sleeper or onesie to avoid overheating.
 - When you swaddle your infant ensure he can flex his legs and that his head is uncovered.
 - Place infants on their back to sleep in their crib, cradle or bassinet.
 - Stop swaddling by age 2 months, before your infant starts to try to roll.
 - Talk to health care provider about swaddling your infant.

Links:

- ◆ **Public Health Agency of Canada: Safe Sleep** www.publichealth.gc.ca/safesleep
- ◆ **Canadian Paediatric Society: Caring for Kids** www.caringforkids.cps.ca/handouts/safe_sleep_for_babies
- ◆ **Baby's Breath** www.babysbreathcanada.ca/
- ◆ **Health Canada – Is Your Child Safe? Sleep Time** www.hc-sc.gc.ca/cps-spc/pubs/cons/child-enfant/sleep-coucher-eng.php
 - Cribs, Cradles and Bassinets Regulations www.laws-lois.justice.gc.ca/eng/regulations/SOR-2010-261/
 - Regional Product Safety Office www.hc-sc.gc.ca/contact/cps-spc/hecs-dgsesc/pso-bsp-eng.php
- ◆ **Local public health unit** www.health.gov.on.ca/en/common/system/services/phu/locations.aspx