

## Babies Need Cribs, Make Them Safe



*This is a sample of the type of crib we offer. Style and size may vary depending on product availability.*

### Your baby's crib should have:

- Railings that are not more than 2 $\frac{3}{8}$  inches apart (you can't fit a soda can through them.)
- A firm mattress that fits snugly in the frame.
- A fitted sheet that is tight around the mattress.
- No quilts, comforters, duvets, heavy blankets, stuffed animals, bumper pads, sheepskins, etc. They can obstruct the baby's breathing.

For more information,  
go to the Consumer Product  
Safety Commission's website at  
[www.consumer.gov/productsafety.htm](http://www.consumer.gov/productsafety.htm)  
or call toll free at 1-800-638-2772.

# CRIBS FOR KIDS®

...it's for the babies

**To reduce the risk of SIDS and accidental suffocation**, the Consumer Product Safety Commission, the American Academy of Pediatrics and the CJ Foundation for SIDS Partnership recommend that infants sleep on their backs on a firm mattress in a safety-approved crib, with no soft bedding or comforters, with no exposure to cigarette smoke, and with a room temperature that is comfortable to adults.

Since 1998, the 'Cribs for Kids' Campaign, has provided cribs and educational materials about ways to reduce the risk of SIDS and accidental suffocation to families throughout the United States thanks to the generosity of foundations, corporations, special event fundraisers, and personal donations.

Babies are safest sleeping alone in an uncluttered crib on their back, never on their front or side. If you need a crib... we can help.

*'Cribs for Kids' is an initiative of The Children's Trust Fund of Alabama. For more information or to make a donation, please contact us:*

**Cribs for Kids**  
Please call 334-262-2951  
Or visit our website  
[www.ctf.alabama.gov](http://www.ctf.alabama.gov)



# safe sleep for your baby

# CRIBS FOR KIDS®

...it's for the babies

**E**very year, some infants die while sleeping. Parents can reduce the risks of this tragedy by knowing and following some simple guidelines. These guidelines will help you meet the goal of making sure the sleeping baby's breathing remains clear and unobstructed. And you will be assured that the baby does not get into a position that could cause injury or even death.

### **What is the safest way for a baby to sleep?**

The safest way for your baby to sleep is on its back, alone in a crib. Babies have died because they were smothered by an adult, another child, or objects in the adult bed such as pillows, comforters, soft bedding, or stuffed animals. Babies can get trapped between the bed and the wall or bed frame, or between the cushions on a sofa. Sometimes a baby is injured by rolling off an adult bed.

### **What if my babysitter wants to let my baby nap on a sofa or a cushioned chair?**

Even away from home, a baby should always sleep in a safety-approved crib. Some parents use a portable crib or Pack-n-Play for trips away from home.

### **I like the closeness of sleeping with my baby, how can I do this safely?**

Cuddling with the baby during feeding time and waking hours best develops that closeness. At bedtime, room-sharing is great. With a baby-safe crib placed next to yours, the baby will sense your nearness and still have a safe place to sleep.



Every year,  
some infants die  
while sleeping.  
**Keep your  
sleeping  
baby safe.**

### **Guidelines for Parents and Caregivers...**

- The safest way for your baby to sleep is on its back, alone in a crib.
- The baby's crib should be in the parents' room, if possible. It should have a firm mattress that is closely fitted to the sides of the crib, and a tight-fitting sheet.
- Don't over-dress or over-bundle the baby. One light cover, tucked at the bottom and sides of the crib should be enough. Allow no covers near the baby's head. Use no pillow, bumpers, or toys.
- Never let a baby fall asleep in a bed or chair with someone who is smoking, is tired or ill, has taken medications that cause drowsiness, or is extremely overweight.
- A baby should sleep in a smoke-free home.
- Breastfeeding has important health benefits for babies, but do it safely. When breastfeeding, make sure you are in a position that will allow you to stay awake. When finished, return the baby to the crib.

