

SAFE SLEEP GUIDELINES

per The American Academy of Pediatrics

THE INFO

Below are Safe Sleep Guidelines according to The American Academy of Pediatrics. Elizabeth Bine Sleep Consultant operates under the assumption that your family has been presented with these guidelines and adherence to said guidelines is strictly on a personal and family level. Any deviations from these guidelines are the sole choice of your family and your family alone.



THE ABC'S

A: Alone- Your baby should sleep alone, in a separate space, for every sleep.

B: Back- Lay baby down to sleep on his or her back, not stomach or side.

C: Crib- Your child should sleep in their own crib, pack n' play or bassinet.

S: Smoking- Reduce exposure to smoking while in the womb and once your child is born.

STANDARDS

- Baby should sleep on a firm mattress, play yard or bassinet that meets the safety standards of the CPSC.
- A fitted sheet is acceptable but no other bedding or soft objects in the crib.
- Do not elevate the crib mattress.
- Nothing should be placed under the mattress or fitted crib sheet.
- Never use crib tents, bumpers or padding.
- Baby must be able to roll both directions before it is OK to allow them to remain in the sleep position he/she assumes.
- Baby should not sleep on a sheepskin unless fully supervised at all times.
- Infants should not sleep unsupervised in car seats, strollers, swings or infant carriers. Babies under 4 months are most at risk. Please review specific directions per each product regarding safety.
- No car seats in the crib; if your child falls asleep in his/her car seat the AAP recommends you transfer them to a safe sleeping surface.
- Crib should be located well away from curtains, dangling cords or window blinds cords.
- Infants should sleep in parents room, in their own crib, play yard or bassinet, ideally for the first year but at least for the first 6 months.
- Infants should never sleep on couches or armchairs.
- Consider offering a pacifier at the onset of sleep until at least 6 months of age.
- Avoid overheating and head coverings. It is difficult to provide specific room temperature guidelines but in general, infants should be dressed with no more than 1 layer more than an adult would wear to be comfortable.
- Swaddles are safe to use as long as baby is on their back and they do not overheat the baby. They should not be too tight around the hips and knees. When an infant exhibits signs of attempting to roll, swaddling must stop.
- The AAP task force cannot make recommendations for or against bedside or side car sleepers.

BLANKETS

CAN BE INTRODUCED AT
12+ MONTHS OLD

LOVIE TOYS

CAN BE INTRODUCED AT
12+ MONTHS OLD

PILLOW

CAN BE INTRODUCED AT
18+ MONTHS OLD