

# The Safe Sleep Guidelines

Follow these 8 steps to keep your baby safe and healthy.\*

1. Put your baby flat on their back to sleep until their first birthday.
2. A baby should sleep in the same room as an adult, but in their own crib. Never put your baby to sleep on a couch, chair, waterbed, or other soft space.
3. Don't put crib bumpers, blankets, pillows, or toys in your baby's crib.
4. The only thing in the baby's crib should be a firm, flat mattress and fitted sheet.
5. Never put your baby to sleep in a crib made more than 10 years ago or that has missing or broken parts.
6. Don't make the room your baby sleeps in too hot. Avoid hats indoors, and dress your baby in no more than one layer more than you are wearing. Sleep clothing is safer than blankets. Do not place weighted clothing on weighted blankets on your baby.
7. Always put your baby on their back in their crib after feeding.\*\*
8. Keep your baby away from smoke, alcohol, marijuana, opioids, and illicit drug use.

\* Recommended by the American Academy of Pediatrics (AAP)

\*\* Human milk feeding has been shown to reduce the risk of SIDS.

## Where will you feed your baby when you are feeling sleepy?

The safest place is your bed with pillows and blankets removed. You should never sleep with your baby, but if you accidentally fall asleep feeding, your baby is safer in your bed than on a chair. Place your baby back in the crib after feeding.



This project is funded, in part, under a contract with the Pennsylvania Department of Health in collaboration with Penn Medicine and Maternity Care Coalition.



Penn Medicine



Maternity Care Coalition

# Baby Registry Basics

What parents really need to keep their new baby safe and happy



For more information, find us online:

[www.PASafeSleep.org](http://www.PASafeSleep.org)



You don't need to spend a lot of money to be a great parent!  
Focus on safety!

## The Basics

Every baby needs:

- ✓ Safety approved crib or cribette/playpen for each baby
- ✓ Firm crib mattress (if using a traditional crib)
- ✓ Fitted sheets – at least 2
- ✓ Sleep clothing – wearable blankets, blanket sleepers, pajamas, undershirts/onesies
- ✓ Clothes in multiple sizes
- ✓ Diapers in multiple sizes
- ✓ Baby wipes
- ✓ Breast pump, bottles, nipples
- ✓ Tummy time mat/blanket
- ✓ Thermometer
- ✓ High chair
- ✓ Car seat
- ✓ Books
- ✓ Stroller



## Nice to Have

It is helpful to have:

- ✓ Diaper bag
- ✓ Changing table
- ✓ Bassinet
- ✓ Nursery furniture
- ✓ Baby proofing supplies
- ✓ Bibs, burp cloths
- ✓ White noise machine
- ✓ Baby bathtub
- ✓ Body wash and lotion (avoid baby powder and oil)
- ✓ Feeding pillow (never use as a sleep positioner)
- ✓ Childbirth classes
- ✓ Doula service (check insurance)
- ✓ Lactation visits (check insurance)
- ✓ Gift cards – Prenatal/infant massage, cleaning service, restaurant, yoga, etc.

## Priceless Gifts

Parents especially need:



- ✓ Meals
- ✓ Babysitting
- ✓ Moral support – especially in the middle of the night
- ✓ Respite care – a short break from baby once in a while
- ✓ Help with cleaning and laundry

## What NOT to Get

- ✗ Products marketed as “sleepers” that require a strap
- ✗ In-bed sleepers (Bedside sleepers have not been studied)
- ✗ Positioners
- ✗ Pillows
- ✗ Crib bumpers
- ✗ Mattress toppers
- ✗ Clothing with hoods or strings
- ✗ Pacifiers with plush toy, blanket, or string attached
- ✗ Oxygen monitors do not make baby safer during sleep



## Caution!

**Most products claim they are safe. Many are not!** Be wary of products that claim to help you and baby sleep. It is normal for babies to awaken during the night. Slings and cloth carriers should be used with extreme caution to avoid suffocation. All products should be used following the manufactures instructions and labels.

## The ABCs of Safe Sleep

Always place baby to sleep  
Alone on their **B**ack in a **C**rib

[www.PASafeSleep.org](http://www.PASafeSleep.org)