



SWEET DREAMS: Safe Sleep for Babies



Safe Sleep for Babies

KEY MESSAGE: We want parents to be aware of the hidden hazards of placing babies on adult beds.

- Ⓞ The hazards of placing babies on adult beds surprise most people. We often think if we push a big bed against a wall or put pillows along the sides of the bed, our small babies will be safe. But nothing could be further from the truth.
- Ⓞ Just as the Consumer Product Safety Commission (CPSC) has alerted parents and caregivers to the hazards of soft bedding (pillows, thick quilts and comforters) in cribs, it now wishes to alert them to the hidden hazards associated with placing infants on adult beds and leaving them unattended.
- Ⓞ New CPSC data shows over a three-year period more than 100 children under the age of two died after being placed on adult beds. Most of these deaths were infants.
 - Almost all involved children under one year old.
 - More than half were infants three months or younger.

Consumer Safety Tips

- Ⓞ Wherever your baby sleeps should be as safe as possible. Babies placed on adult beds risk suffocation from several hidden hazards such as:
 - Entrapment between the bed and wall,
 - Entrapment involving the bed frame, headboard or footboard,
 - Falls from adult beds onto piles of clothing, plastic bags or other soft materials resulting in suffocation and
 - Suffocation in soft bedding (such as pillows, thick quilts and comforters).
- Ⓞ Always put your baby to sleep on his or her back, not the stomach.
- Ⓞ When using a crib, make sure it meets current safety standards, has a firm, tight-fitting mattress and tight-fitting bottom sheet.
- Ⓞ When using a portable crib or play yard, be sure to use only the mattress or pad provided by the manufacturer.

BABY Safety MONTH
2002



SEPTEMBER 2002