



## Winter Safe Sleep Tips

- In general, infants should be dressed appropriately for the environment, wearing no greater than one layer more than an adult would wear to be comfortable.
- Avoid over bundling, and covering the face and head should be avoided.
- During times of rest infants are recommended to wear a sleep sack (a wearable blanket) instead of blankets soft bedding to keep infants warm because it reduces the chances of head covering or entrapment that could result from blanket and soft bedding use.
- Parents/caregivers should assess the infant for any sign of overheating such as sweating or if the infant's chest feels hot to the touch.
- Keep soft objects such as pillows, bumper pads or similar products, quilts, toys, comforters and loose bedding like blankets and non-fitted sheets, out of the infants sleeping area as they can block an infant's nose and mouth. This can increase the risk of suffocation, entrapment or SIDS.
- Infants should be placed alone on their backs in a crib, bassinet, or portable crib that follows safety standards from the Consumer Product Safety Commission. The crib, bassinet, or portable crib should be bare, with a firm mattress and fitted sheet.
- Infants should never be put to nap/sleep in an adult bed. The adult bed can be very soft surrounded by blankets and pillows that can pose a risk to suffocation, entrapment or SIDS.
- Couches and armchairs are extremely dangerous for infants they pose an extraordinary high risk of infant death including suffocation from being wedged between seat cushion or through entrapment or overlay if another person is also sharing this surface.
- As a side reminder parents/caregivers should be cautious to their own alertness when feeding infants or laying with infants on these surfaces.
- When headed out give plenty of time to warm up your vehicle and if in the garage open the door in order to not build up toxic fumes for the infant and yourself
- Sitting devices, such as car seats, strollers, swings, infant carriers, and infant slings, are not recommended for routine sleep especially for young infants. Infants who are younger than 4 months are particularly at risk, because they may position themselves in a manner that can create a risk of suffocation or airway obstruction or may not be able to move out of a potentially smothering situation