

# Safe Sleeping

## Think Safety!



**A guide for  
parents and  
caregivers**

### Safety Facts

- Never share your bed with your baby
- Safest place for your baby to sleep is in their own crib, in caregiver's room, for first few months
- Keep baby's room cool when sleeping
- Do not overdress/overheat baby, especially when they are ill
- Always position baby on their back to sleep
- Make sure baby's head/face remains uncovered

### Overheating

- Overheating can be caused by too much bedding/clothing or because the room is too hot
- Ideal room temperature is 18°C or 65°F
- Dress baby in sleeper and one additional, light layer receiving blanket or wearable blanket

Safe sleep for your baby  
is as simple as “**A**BC”

Babies should sleep . . .

**A**lone,  
on their **B**acks  
in a **C**rib

### Cribs

- Place baby on firm mattress in crib
- Never alter a crib
- Always follow crib manufacturer's instructions
- Ensure mattress support is secure
- Keep toys and stuffed animals out of the crib
- Do not use a crib manufactured before 1986 as it does not meet current requirements
- Make sure the crib has not been recalled before using—check with the manufacturer or Health Canada

### Crib Placement

- Place crib away from windows due to drafts and risk of falling
- Keep crib away from radiators to avoid overheating
- Tie up all cords and curtain strings
- Place mobiles out of baby's reach; remove when baby is sitting up
- Do not use pillows, bumper pads, blankets, duvets or quilts—especially adult bedcovers—on or under baby



## Twins

- If sleeping together, place one at each end of the crib with feet to crib's ends
- When twins can move freely, separate into their own cribs



## Mattresses

- Should always be firm and tight-fitting to avoid gaps and suffocation hazards
- If you have a used mattress, check for tears, rips and mould—do not use if any of these are present
- Make sure the mattress meets current standards and is a snug fit in the crib
- Ensure the mattress is at the lowest setting when baby can sit up

For current regulations, visit Health Canada's website at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)



## Bassinet

- Bassinets **do not** have the same safety standard requirements as cribs
- If a bassinet is your only option, ensure:
  - it's well ventilated
  - padding is removed
  - it has a firm/fitted mattress; and
  - it's kept clutter free



## Playpens

- Playpens **are not** safe for sleeping; only use for supervised play
- Ensure playpen is a newer model with mesh sides for air flow
- Keep playpen clutter free
- Never place baby in bottom of playpen with bassinet or change table insert attached



## Car Seats

- Car seats **are not** safe for sleeping
- Car seats **do not** provide a flat, firm sleeping surface
- Avoid covers and blankets
- If baby falls asleep in a car seat, move them to a safe sleep surface right away



## Additional Resources for Parents/Caregivers

### Canadian Paediatric Society

T: 613.526.9397 | F: 613.526.3332

[www.cps.ca](http://www.cps.ca)

### Health Canada

T: 613.957.2991 | F: 613.941.5366

Toll Free: 1.866.225.0709

email: [info@hc-sc.gc.ca](mailto:info@hc-sc.gc.ca)

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

### The Canadian Foundation for the Study of Infant Deaths

T: 905.688.8884 | F: 905.688.3300

Toll Free: 1.800.363.7437

email: [sidsinfo@sidscanada.org](mailto:sidsinfo@sidscanada.org)

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

### Canadian Institute of Child Health

T: 613.230.8838 | F: 613.230.6654

email: [cich@cich.ca](mailto:cich@cich.ca)

[www.cich.ca](http://www.cich.ca)

### Halton Children's Aid Society

T: 905.333.4441 | F: 905.333.1844

Toll Free: 1.866.607.KIDS (5437)

[www.HaltonCAS.ca](http://www.HaltonCAS.ca)



Helping Children, Youth and Families Thrive