

safe SLEEP

for BABIES



A Safe Sleep Space Includes the following:

- **ALONE**-nothing in the crib except for baby and pacifier (Pacifiers should not be attached to strings, cord, stuffed animal, etc.)
- **BACK**– Always put baby asleep on their back on a firm mattress to decrease the risk of SUIDs.
- **CRIB**– babies should sleep in clean, clear crib with fitted sheet. No blankets, toys, pillows, bumper pads or other items. Sleep sacks (pictured to the left) are a safe and acceptable alternative to using blankets!

Kentucky child care regulations require that each child care center must ensure a safe sleep environment for each infant in their care as stated in KRS 922 KAR 2:120



Child Care Health Consultation Program
Helpline: 1-877-281-5277
www.kentuckycchc.org

Visit safesleepky.org for more information