

Is this Infant Safe Sleep?



The American Academy of Pediatrics (AAP) recommends a firm, flat sleep surface for your baby. A crib, portable crib, bassinet, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. The mattress should be covered by a tightly fitted sheet with no other bedding or soft items in the sleep area.

To determine if baby is sleeping safely or if you should use a certain product, ask these questions:

- Is the baby sleeping on the stomach or side?
- Is the baby sleeping with another child, adult, or pet?
- Is the baby sleeping in a location other than a crib, portable crib, bassinet, or play yard?
- Has the product being used for sleep been recalled or does it have broken/missing pieces?
- Does the product being used for sleep have extra padding, soft surfaces, bumper-like pads, or heavy, thick coverings?
- Is the sheet loose?
- Is the sheet so tight that it causes the mattress to curl up?
- Does the product being used for sleep allow the baby to sleep on an incline (not flat)?
- Does the product being used for sleep have straps?
- Does the product limit baby's movement during sleep?
- Does the bottom of the sleep area rest directly on the floor, a table, a bed, etc. as it does not have attached, free-standing legs?
- Are there soft objects and/or blankets in the sleep area?
- Does the information on the product say that it is safe for your baby to sleep on his stomach?

If the answer is yes to any of these questions – baby is not sleeping safely.

Other questions to consider:

- Does the information on the product say that it prevents Sudden Infant Death Syndrome (SIDS)? No product can claim that it prevents SIDS.
- Does the product monitor a baby's vital signs? Use of monitors may cause parents to feel they can practice unsafe sleep because their infant is being monitored. Monitors should only be used under the direction of a health care professional.

Remember—just because a product is sold in a store, does not mean it's safe for sleep.

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