

Expecting a Baby?

Remember CPSC's "dos and don'ts" for baby sleep spaces



Many young babies cannot lift their heads to pull away from soft objects that can pose a **suffocation risk** such as bumpers, blankets, pillows, and sleep positioners. Also, seated or semi-reclined position can cause your baby's head to tip forward and their airway to be blocked.

Follow these simple tips to make every sleep a safe sleep:

DO:

- **Do use products intended for sleep** including cribs, bassinet, play yard and bedside sleepers that meet federal requirements
- Do remember- **Bare is Best**- nothing but a fitted sheet in a crib, bassinet or play yard
- **Do always place baby on their back**
- **Do move your baby to their crib, bassinet, or play yard if they fall asleep elsewhere**
- **Do check our website for recalls** (SaferProducts.gov) and **sign up** to receive recall notifications (CPSC.gov)

DON'T:

- **Don't add pillows or blankets** to your baby's sleep space
- **Don't allow your baby to sleep in an inclined product** with an angle greater than 10° such as a rocker, bouncer or glider
- **Don't leave your baby unsupervised in products that aren't designed for safe sleeping**, such as any inclined product
Inclined products, such as rockers, gliders, soothers and swings, should never be used for infant sleep.



United States
Consumer Product Safety Commission



For more information, visit
CPSC's Safe Sleep –
Cribs and Infant Products
Safety Education Center:
cpsc.gov/safesleep



Report unsafe products:
SaferProducts.gov
(800) 638-2772
or (301) 595-7054 (TTY)



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