

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 use weighted blankets or weighted swaddles***
- **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.*

*NIH.gov and CDC.gov



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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