

# The ABC's of Sleep

## For Child Care Providers

Infants should be laid on their backs on a firm mattress in a crib, free and clear of any items.



### Have all staff been properly trained on Safe Sleep practices? If so, how?

It is important all adults caring for children know the safe sleep practices. Child Care Resource & Referral (CCR&R) offers a Back to Sleep training, please contact your local Child Care Consultant for more information.



### Ask Yourself...

What items will be placed in the sleeping area?

How will you lay the infants down to sleep in your care?

Where will the infants sleep for rest time?

### Remember...



**Alone**



**Back**



**Crib**

### Best Practices...

No blankets, pillows, loose bedding, or toys. If you're worried the baby will be cold, safe sleep sacks are a great substitute. Remember, an infant's body temperature is warmer than an adults.

Infants should be placed on their backs to sleep.

A crib is best. Infants should not be laid on a couch or chair alone or with an adult to sleep.

# The ABC's of Sleep

## For Families

Infants should be laid on their backs on a firm mattress in a crib, free and clear of any items.



**Have you talked about Safe Sleep practices with everyone that will be caring for your child?**

It is important all adults caring for children know the safe sleep practices.

### Ask Yourself...

What items will be placed in the sleeping area?

How do you lay your baby down to sleep?

Where do you lay your baby down for sleep or nap?

### Remember...



**Alone**



**Back**



**Crib**

### Best Practices...

No blankets, pillows, loose bedding, or toys. If you're worried your baby will be cold, safe sleep sacks are a great substitute. Remember, an infant's body temperature is warmer than an adults.

Infants should be placed on their backs to sleep.

A crib is best and can be moved to parents' bedroom as desired. Co-sleeping (laying an infant in an adult bed with an adult) is not recommended. Infants should not be laid on a couch or chair alone or with an adult.