

SAFE SLEEP IS FOR EVERY BABY EVERYWHERE

You play a critical role in keeping babies safe while they sleep. If you're caring for a family member, friend, or neighbor's baby, you should also take steps to make sure babies are sleeping safely. Use the requirements licensed child care providers follow as a guide for making sure babies sleep safely.



Safe Sleep Tips

- The only things that should be present in a crib are a firm mattress, a fitted sheet and a sleeping baby. Bumpers, pillows, blankets, stuffed animals, bibs and clip-on pacifiers are unsafe for sleep and not allowed in the crib.
- Infants need tummy time while awake to strengthen their neck muscles. Always supervise infants during tummy time.
- If an infant falls asleep anywhere except in a crib, they must immediately be placed on their back in the crib.
- Instead of sleeping blankets, infants should sleep in sleep sacks that do not confine their arms. Swaddling and alternative sleep positions are only allowed if a child's physician signs an alternative health plan.
- Keep rooms at a temperature comfortable for a lightly clothed adult. Check infants to ensure they are not overheated or sweaty.
- Always practice the ABC's of safe sleep. **Infants should be sleeping alone on their backs in a crib.**



COLORADO
Office of Early Childhood
Department of Human Services

KNOW THE SAFE SLEEP REQUIREMENTS

Licensed child care providers must meet requirements for safe sleep. As a family, friend or neighbor caregiver, use these requirements as a guide when caring for babies.

- Approved cribs or other infant sleep equipment must meet Consumer Safety Product Commission Standards. Standards can be found at CPSC.com.
- Mattresses must be firm. Only use mattresses manufactured or recommended for the specific model of crib or other sleep equipment.
- All staff who work with infants must complete the Department-approved safe sleep training prior to working with infants and on an annual basis. Training is available at ECPD.COStartStrong.org.
- Soft bedding and materials that could pose a suffocation hazard are not permitted in cribs, playpens, futons or other rest time equipment for children under 1 year of age.
- Infants must be placed on their back for sleeping.
- Swaddling infants is only allowed with a health care plan completed and signed by the child's physician.
- Infants up to 12 months of age who use a pacifier, must have a pacifier offered when being put down to sleep.
- All sleep/rest equipment must be safe, sturdy and free of hazards.
- Sheets must be fitted to the mattress and not loose.
- Infants who fall asleep in a car seat, infant seat or other equipment not approved for infant safe sleep must be moved immediately to an approved sleep area and placed on their back.
- Music, when played in or near the sleeping area, must be played at a volume that does not prevent the caregiver from hearing the infant.
- Toys that are attached to the crib, including mobiles, are not permitted in the crib or other approved sleep equipment.
- Infant monitors must be used when infants are sleeping in a separate room out of direct supervision.
- Supervised tummy time must be offered to infants 1 month of age or older up to 30 minutes per day. If the infant falls asleep during tummy time, immediately place them on their back in approved sleeping equipment.
- The room temperature must be maintained at a comfortable level so the infant does not overheat or become sweaty. Sleep sacks can be used in lieu of blankets if needed for additional warmth.
- Infants should be protected from second and third-hand smoke (third-hand smoke is residual nicotine left on indoor surfaces including clothing).
- The facility must have safe sleep policies, and ensure they are followed at all times.

Learn more about safe sleep:

- Colorado Department of Public Health and Environment | [Colorado.gov/pacific/cdphe/safe-sleep-your-baby](https://colorado.gov/pacific/cdphe/safe-sleep-your-baby)
- Infant Safe Sleep Partnership | InfantSafeSleep.co
- American Academy of Pediatrics | AAP.org
- Safe to Sleep Campaign | SafeToSleep.nichd.nih.gov
- Center for Disease Control and Prevention | CDC.gov/SIDSAwarenessmonth