



## What if? Safety Tips: Safe Sleeping

Suffocation is the leading cause of fatal injuries to Florida children under the age of 5 years old. Many of those deaths result from unsafe sleeping conditions. Children are 40 times more likely to die when they are sleeping with an adult. Safe Kids Worldwide recommends:

- Babies should always sleep in a safe crib, bassinet or pack-n-play with a firm mattress and tight-fitting sheet. Remove all stuffed animals, bumpers or accessories.
- Lay your baby on his/her back to go to bed.
- If you want to be near your baby, put the crib or bassinet in your room.
- Remember to always return your baby to the crib before going to sleep yourself.
- Check to see if your crib meets federal safety standards. If a can of soda fits between the slats, that means a child's head could.
- If the crib has a side that drops down, it is unsafe.
- The child should not be sleeping near windows, draperies, blinds or wall-mounted decorative accessories with cords.

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