safe sleep for baby
Don't wake up to a tragedy.

Arizona infant safe sleep campaign

HOME VISIT SAFETY CHECKLIST

IS YOUR BABY SLEEPING SAFELY?

THINGS TO LOOK FOR:

☐ A separate sleeping space for the baby.

  ☐ Crib or bassinet in the room.

  ☐ Baby not sharing a bed.

  ☐ Sharing a room with parent/ guardian until 1 year old.

☐ This separate sleeping space should have:

  ☐ A firm mattress with a fitted sheet.

  ☐ No bedding (blankets, pillows, bumpers).

  ☐ No clutter (stuffed animals, toys).

☐ Room temperature should not be too warm.

  ☐ If room temperature is comfortable for an adult, no extra heat is needed.

☐ No smoking in the baby's home.

DON'T WAKE UP TO A TRAGEDY

DCS.AZ.GOV/SAFESLEEP | PREVENTION@AZDCS.GOV

AZAAP.ORG/SAFESLEEP

DEPARTMENT OF CHILD SAFETY
STATE OF ARIZONA

THE AMERICAN ACADEMY OF PEDIATRICS
ARIZONA CHAPTER

FIRST THINGS FIRST

Prevent Child Abuse
Arizona

ADHS

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Infant Sleep Suffocation Prevention Campaign
Arizona Chapter of the American Academy of Pediatrics

PLEDGE TO USE INFANT SAFE SLEEPING PRACTICES

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Parent/Guardian Pledge

I, _____, pledge to use infant safe sleep practices to protect my child and/or any other child in my care from accidental suffocation.

- I understand that sleep suffocation is the number one preventable cause of infant death in Arizona.
- I understand that infants can be accidentally suffocated by items or other people in the baby's sleep space.
- I understand that it is safest for infants to room-share but not bed-share.
- I understand that it is safest for infants to sleep in a space of their own such as a crib or bassinette.
- I understand that crib bumper pads, soft toys, soft bedding and blankets are too dangerous to be placed in an infant's sleeping area (crib or bassinette.)
- I understand that safe sleep practices need to be used for every sleep from birth up to one year of age.
- I understand that smoking or the exposure to tobacco increases the risk of sleep suffocation.

I pledge to use infant safe sleeping practices to join the effort to help prevent tragic deaths caused by accidental suffocation.

Signed by:

_____

Name   Date

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