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

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PLEDGE TO USE INFANT SAFE SLEEPING PRACTICES

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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