

SAFE SLEEP CHECKLIST FOR PARENTS

- ❖ I understand that my baby should always be placed on their back to sleep, for all naps and nighttime sleep.
- ❖ I have a crib, bassinet, or play yard with a firm, flat mattress and a tight-fitting sheet.
- ❖ I will not place my baby to sleep on couches, chairs, adult beds, or inclined sleepers.
- ❖ I will keep the sleep space free of loose blankets, pillows, bumper pads, toys, and stuffed animals.
- ❖ My baby will sleep alone in their own safe space – not in a shared bed.
- ❖ I will position the crib away from windows, electrical cords, curtains and at least 1 foot away from furniture.
- ❖ My baby will sleep in the same room but in a separate sleep space for at least the first 6–12 months.
- ❖ I will dress my baby in light sleepwear (like a wearable blanket or sleep sack).
- ❖ I will not use hats or extra blankets during sleep, and I will make sure my baby doesn't overheat.
- ❖ I will not introduce a pacifier until breastfeeding has been well established.
- ❖ If I choose to offer a pacifier at nap time and bedtime, I will not attach it to the baby clothes or place it around the baby's neck.
- ❖ I will keep my home smoke-free and avoid exposure to secondhand smoke or vaping.
- ❖ I will not use alcohol or illicit drugs.
- ❖ I will avoid using products not approved for infant sleep, like wedges, positioners, or swings for unsupervised sleep.

ABC of Safe Sleeping:

Safe sleep saves lives. To reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related incidents, remember the ABC of Safe Sleeping:

A is for Alone

- ❖ Always place your baby alone in their crib, bassinet, or portable play yard.
- ❖ Keep soft toys, pillows, blankets, and crib bumpers out of the sleep area.
- ❖ Share a room, not a bed—your baby should sleep in the same room as you but on a separate surface.

B is for Back

- ❖ Always place your baby on their back to sleep, for naps and at night.
- ❖ This is the safest sleep position for a baby's first year.

C is for Crib

- ❖ Use a safe, firm sleep surface like a crib, bassinet, or play yard with a tight-fitting mattress and fitted sheet.
- ❖ No couches, armchairs, or adult beds—these can be dangerous.

REMEMBER: SAFE SLEEP SAVES LIVES. ALWAYS PLACE YOUR BABY ON THEIR BACK, IN THEIR OWN SLEEP SPACE, WITH NOTHING BUT A FITTED SHEET.

Guidelines for Purchasing and Using Second-hand Infant Products

Used Infant Car Seats

While all car seats must meet minimum federal safety standards, variations exist in crash protection and ease of installation. Proper installation is critical, as incorrect use can significantly reduce the car seat's effectiveness in the event of a collision.

Most car seats have a lifespan of **six to ten years**. Consumers should adhere to the **expiration date** indicated on the manufacturing label. If the label does not provide this information, it can typically be found in the owner's manual and calculated based on the manufacturing date. Using an expired car seat is strongly discouraged, as it may no longer meet safety requirements or offer adequate protection.

When considering a secondhand car seat—whether purchased or gifted—consumers should verify that it meets current safety guidelines, has not expired, and has never been involved in a collision. Additionally, it is essential to ensure proper installation within the vehicle according to the manufacturer's instructions.

Used Strollers

Although strollers are not subject to expiration dates, consumers are advised to select models with regulations to include improvements to harness systems, structural integrity, and overall stability.

Buyers should inspect the stroller thoroughly before use. Key safety checks include:

- Ensuring the seat reclines and locks properly
- Verifying that the brakes and swivel wheel locks function correctly
- Examining the frame for dents, cracks, or missing components

The manufacturing date can typically be found on a label underneath the stroller frame. If the owner's manual is missing, it is recommended to search for a digital copy on the manufacturer's official website.

Used Cribs

Consumers are encouraged to use only **stationary-side cribs** manufactured after this date, as older models—including drop-side cribs—pose serious safety risks and are no longer compliant with modern standards.

Inspect second-hand cribs carefully for structural soundness, ensuring no cracks, missing bolts, or weakened components due to age or improper storage.

Cribs should be set up with **only a firm, flat mattress**—free from any inclined surfaces, which can lead to suffocation. Babies should always sleep alone in a bare crib. The use of pillows, crib bumpers, toys, blankets, or other soft items is strongly discouraged as these can increase the risk of **Sudden Infant Death Syndrome (SIDS)** or accidental suffocation.

Understanding Product Recalls

Although many infant products are subject to safety testing, **not all baby gear is covered by mandatory standards**. As such, recalls are an important consideration—especially when purchasing used items. Recalls are issued when products present safety risks or fail to meet current regulatory requirements. To protect yourself and your child, always verify whether a product has been recalled by checking its **model number** or **batch code** on the manufacturer's website or through official recall databases.