

SAFE SLEEP CHECKLIST



GIVE YOUR BABY
A HEALTHY START

“Let us put our minds together and see what
life we will make for our children.”

-Tatanka Iyotanka (Sitting Bull)



SAFE SLEEP CHECKLIST

- ☒ **Do not use alcohol or drugs**
when caring for a baby.
- ☒ **Always put a baby on his/her back to sleep.**
Do not put a baby on his/her side or stomach
- ☒ **Use “Tummy Time” when baby is awake**
to reduce flat spots on the head.
- ☒ **Use a crib with a firm mattress and fitted sheet.**
Don't let the baby sleep on the couch.
- ☒ **Don't put pillows, bumper pads, loose bedding**
or soft toys in the crib.
- ☒ **Don't let the baby sleep with others.**
- ☒ **Don't let the baby become overheated.**
A diaper, sleeper and light blanket are enough.
- ☒ **Tuck a blanket in at the foot of the bed.**
- ☒ **Do not smoke or allow smoking**
around the baby.



To learn more about how you can prevent
Sudden Infant Death Syndrome (SIDS),
please contact
Twin Cities Healthy Start at 612-673-3048



**Minneapolis Department of
Health & Family Support**

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Safe sleep recommendations are based on
“Safe Sleep for your Baby:

Ten Ways to Reduce the Risk of Sudden Infant Death Syndrome (SIDS)”
from the National Institute of Child Health and Human Development.

Twin Cities Health Start is administered by the Minneapolis Department of Health
and Family Support. The program is funded through Grant No. H49MC0073
awarded by the Health Resources and Services Administration,
an agency of the U.S. Department of Health and Human Services.