PREVENTING SLEEP-RELATED INJURIES

IN NEWBORNS, BABIES & CHILDREN

DID YOU KNOW? IN CANADA...

- Suffocation is the most common sleep-related injury for babies.
- Falls and strangulation are the most common sleep-related injuries for toddlers.
- Falls are the most common sleep-related injuries for older children.

SAFE SLEEP POSITION

Always place newborns on their backs to sleep, for **every** sleep. Once babies can roll from their back to their stomach or sides, it is not necessary to reposition them to their backs.

SAFE CRIBS

Use a crib, cradle or bassinette **without any** loose bedding, pillows, bumper pads or toys. The mattress should be firm and flat, with no gaps between the mattress and sides.

SAFE SHARING

Room sharing is recommended for babies up to 6 months old, in a crib, cradle or bassinet next to your bed. Bed sharing is not recommended as it can increase a baby's risk of SIDS* and suffocation.

SAFE SLEEP SPACES

Place your child's crib or bed away from windows and use only cordless window coverings. Attach all heavy furniture to the wall with safety straps.

Make sure your crib, bassinette and toddler bed meet current Canadian safety regulations**.
Please note: **Playpens** are not intended to be used for unsupervised sleep because they do not meet the same safety requirements & are not as durable as cribs.
Car seats are not a safe place for your baby to sleep for any length of time.

SAFE BUNKBEDS

Children should be **at least** 6 years old before using the top bunk of a bed. Never tie any cords, sashes or ropes to the bed and keep large, heavy toys or objects off the top bunk. Always follow manufacturer recommendations for bed use.

- *For more information on SIDS prevention, visit: https://bit.ly/3L4QYME
- **For more info on baby product/consumer safety, visit Health Canada's consumer product safety page at https://bit.ly/3Ob3rkI
- To read the online version of Child Safety Link's backgrounder Preventing Sleep-Related Injuries among Newborns, Babies & Children visit: https://bit.ly/39LdJZs

CHILD SAFETY LINK
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