



More Tips

When you're away from home, whether it's a trip or an emergency, sometimes a crib is not available for your baby to sleep in.

Here are some tips to remember, no matter where your baby is sleeping:

- Babies should always be placed to sleep on their backs
- Nothing should be put in the sleep space with baby except a thin, firm mattress with a tight fitting sheet
- Don't overheat your baby
- Babies should sleep by themselves in the room with you. Do not put your baby in a sleep area with other children or pets
- Never sleep with your baby if you have had alcohol or other drugs
- Do not let anyone smoke around your baby

For more information on safe sleep for baby, visit:

GiveYourBabySpace.com

Breastfeeding Tip:

- Did you know breastfeeding is healthy & free, and you already have everything you need to breastfeed when you're away from home?

Partners for Healthy Babies has information and resources for pregnant women and families. Call **1-800-251-BABY (2229)**, or visit: PartnersForHealthyBabies.org

Safe Sleep for Baby When Away from Home

Safe Places for Baby to Sleep

When a crib is not available, there are other ways to give your baby a safe place to sleep. Remember, nothing should be in the sleep space with baby except a thin, firm mattress and a tight fitting sheet – no toys, stuffed animals, bumper pads, pillows, blankets, or any other loose objects. If you're worried about your baby getting cold, dress your baby in footed pajamas or use a wearable blanket.



Pack n' Play

A pack n' play is a good alternative to a crib. Only use a thin, firm mattress and never pad it with blankets or pillows.



Box

A cardboard box with a thin mattress can be used for a sleep space. Set the box on a dry floor, remove the lid and do not close it when your baby is in the box.



Dresser Drawer

If there are no other options available, you can remove a drawer from a dresser, empty it, and place it on the floor for your baby.

Unsafe Places for Baby to Sleep



Inflatable Mattress or Waterbeds

Air mattresses and waterbeds are not firm and your baby's face could become blocked, making it hard to breathe.



Car Seat or Bouncy Seat

Babies have trouble keeping their heads in a good position when they're in car and bouncy seats. Their heads can fall forward, which can block the airway and cause them to suffocate.



Sofas, Couches, or Chairs

Your baby can get trapped with their face pressed up against the side or back of the couch, sofa or chair, making it hard to breathe.