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

DCS.AZ.GOV/SAFESLEEP | PREVENTION@AZDCS.GOV
AZAAP.ORG/SAFESLEEP

DEPARTMENT OF CHILD SAFETY
STATE OF ARIZONA

THE AMERICAN ACADEMY OF PEDIATRICS
ARIZONA CHAPTER

FIRST THINGS FIRST

Prevent Child Abuse Arizona

ADHS
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

DCS.AZ.GOV/SAFESLEEP | PREVENTION@AZDCS.GOV
AZAAP.ORG/SAFESLEEP