



Keep baby's sleep area clear of objects.

Soft objects, bedding, and other items in the crib can stop your baby from breathing and cause death.

Keep the following items out of your baby's sleep area:

- Soft, squishy items, like pillows, stuffed toys, and positioners
- Bedding and decor, like bumper pads and comforters
- Sheets that aren't tight, even if lightweight, small, or "tucked in"
- Weighted items, like blankets, weighted swaddles, other weighted objects
- Loose cords and objects that hang over or near your baby, like a mobile



When deciding on where your baby will sleep in your room, make sure your baby's crib:

- Is not near a wall outlet.
- Does not use overhead toys like mobiles.
- Is not near a window covering or window cords.



ALSO IN THIS SERIES:
Baby Behavior: Sleep
Sleep Surface
Tummy Time

Let's Talk – Clear the Crib

Clear the baby's sleep area to keep your baby safe.

For content resources, visit: dshs.texas.gov/SafeInfantSleep

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Family and Caregiver Common Questions

Why can't my baby have a blanket? Are hats ok for them to wear?

Hats worn during sleep can slide off and block the airway. Your baby should not wear a hat while inside because this can cause baby to get too hot.

Blankets, toys, and other soft items in the crib are dangerous and increase your baby's risk of suffocation.

Unlike adults and older children, a baby cannot roll over or move the item out of baby's way, cutting his or her airway off.

Why can't I leave bottles in my baby's crib or use crib bumpers?

If you are sharing a room, bumpers can block your view of your baby.

Don't feed your baby with a bottle unless an adult is watching and helping the baby.

Bottles can increase the risk of your baby choking or suffocating.

Leaving baby alone with a bottle can increase the risk of other health problems like ear infections, tooth decay, and asthma.



Let's Talk – Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

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