

Safe Sleep for Your Baby



Learn more: Canada.ca/safesleep

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**Babies are gifts to our communities.
Babies need room to breathe.**

The safest place for your baby to sleep is in a crib, cradle or bassinet. If you don't have a one, there are other options like a sturdy laundry basket with a smooth, firm bottom or a heavy cardboard box like a baby box designed for sleep. **Couches, high chairs, bouncers, car seats and swings aren't safe for sleep.**

Follow these tips during **every sleep** to protect your baby's breath.

- 1 Place your baby alone, on their back, on a firm, flat surface.
- 2 Keep your baby's sleep space free of soft items like blankets, pillows, bumper pads, baby nests, stuffed toys, sleep positioners and wedges.
- 3 Make sure your baby doesn't overheat. Keep their head uncovered and put them to sleep in simple, fitted sleepwear, like a sleeper.
- 4 Keep your baby's environment smoke free.

Share these safety tips with everyone who loves and cares for your baby.

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