



# EVERYONE, EVERYWHERE, EVERYTIME



## Safe-Sleep Pledge

### Parent's Pledge

It is imperative that ALL safe-sleep practices are used ALL of the time with my baby. I have done my part in expressing my wishes with you on this matter and answered any questions you may have had about the recommendations I expect to be followed with my baby.

Signed \_\_\_\_\_

Date \_\_\_\_\_

According to the American Academy of Pediatrics, about 1 in 5 Sudden Infant Death Syndrome (SIDS) deaths occur while an infant is in the care of someone other than a parent or usual caregiver.

When a baby who is used to sleeping on their back is placed on their stomach to sleep (usually by a new caregiver) this is called "unaccustomed tummy sleeping". This greatly increases the risk of SIDS.

**Babies who are used to sleeping on their backs and then placed to sleep on their tummies are 18 times more likely to die from SIDS than babies that sleep on their backs every time.**

### Caregiver's Pledge

I promise to follow ALL of the safe-sleep recommendations ALL of the time that your baby is in my care. I understand the safe-sleep practices and your wishes on this matter. I will be expected to do the following things to reduce the risk of SIDS:

- \_\_\_ I will always place the baby on its back to sleep - No tummy or side-sleeping.
- \_\_\_ I will only place the baby in a safety-approved crib or bassinet with a firm mattress and tight-fitting sheet.
- \_\_\_ I will not place any soft toys, loose blankets, pillows, or wedges in the crib with the baby.
- \_\_\_ I will never place the baby on an adult bed, sofa, chair, waterbed, or cushion.
- \_\_\_ I will use a wearable blanket, sleep sack, or sleep clothing as a safer alternative to a blanket.
- \_\_\_ I will keep the room baby sleeps in at a cool temperature that's comfortable for an adult in light clothing.
- \_\_\_ I will place the crib in an area that is always smoke free. I will not smoke around the baby.
- \_\_\_ I will give the baby supervised "tummy time" on a firm, safe surface when it's awake and alert.
- \_\_\_ I will always put the baby to sleep alone in its crib. I will not let the baby share a bed with other children.
- \_\_\_ I will not leave the baby in anyone's care that has not taken the EVERYONE, EVERYWHERE, EVERYTIME Pledge.

Signed \_\_\_\_\_

Date \_\_\_\_\_