

Infant & Toddler Sleep Safety

Reducing Sids And Nap-Time

Risks Picture This



The image shows an infant sleeping in a crib with a loose blanket and soft toy near their face.

What's wrong is the unsafe sleep environment. Loose items increase the risk of suffocation.

What should be avoided is adding anything to the crib for comfort. The behaviour to model is a firm mattress, fitted sheet, and an empty crib.