Place your baby to sleep safely

Your baby needs only a few things to have a safe, cozy and happy sleep. With just a flat surface in a crib or bassinet, you can create a safe space for your baby to sleep.



Need help?

It's normal for infants to wake up frequently. We know this can be very tiring, but it's temporary. Talk to your pediatrician about challenges you are having. They can help you problem solve.

- Babies should always be placed on their back for sleep. Research shows this is the safest.
- Babies should sleep on a firm sleep surface that does not incline.
- Remove all toys, pillows, blankets and bumpers from the crib.
- It's OK to swaddle a baby, but stop swaddling as soon as they start learning to roll.
- If the baby falls asleep in a car seat, stroller, swing or infant carrier, move them as soon as you can.
- It's dangerous for babies to sleep on a couch, armchair or nursing pillow.
- Try giving your baby a pacifier at nap time and bedtime.
- Room share: Keep the baby's bassinet or crib in your bedroom for at least the first 6 months.

About bed-sharing

Bed-sharing significantly raises a baby's risk of injury or death. The risk is even higher if:

- The baby is younger than 4 months
- The baby was born early or with low birth weight
- A person in the bed is a smoker
- A person in the bed took drugs that make it harder to wake up
- Someone in the bed drank alcohol
- Someone in the bed is not the baby's parent
- The surface is soft (a waterbed, old mattress, sofa, or armchair)
- Pillows or blankets are on the bed

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