

Safe Infant Sleep

Infants DO NOT need blankets when they sleep.

Blankets can cause them to overheat or suffocate. Babies move around in their sleep which can move the blanket up over their face. Your baby is safest when they sleep in properly fitted sleepwear, like a one-piece sleeper or a sleep sack. It should keep your baby comfortable at room temperature, so they do not get too hot.

Before using a sleep sack, make sure it is the right size for your baby. If it's too big, your baby's head can slip down inside the sack, which can cause your baby to overheat or suffocate. If it's too tight, your baby may not be able to move their hips and legs freely, which can be dangerous, especially if they roll onto their tummy.

If you have more questions about how to safely use a sleep sack, please contact your local clinic or community health centre and speak to a health care provider.

More information can also be found in the 'Safe Sleep for your Baby' booklet that is included in the Baby Bundle.



A Baby's Safe Sleep Environment



1. Always place baby on back for naps and at night.
2. No smoking around baby.
3. Baby sleeps alone in crib.
4. Crib empty of toys and loose bedding.
5. Crib next to adult's bed for first 6 months.
6. Firm crib mattress, tight-fitting sheet.
7. Crib meets Canadian safety regulations.
8. Baby's face uncovered.
9. Baby in light clothing, not too hot.
10. Share this information with anyone who may care for your baby.