

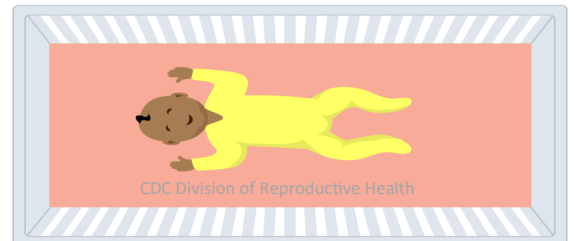
Childcare Connections

Safe Sleep a Practical Guide

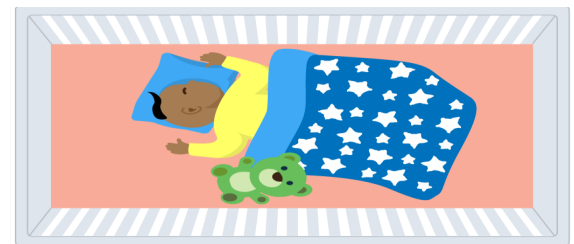
To reduce the risks of Sudden Infant Death Syndrome (SIDS) infants, unless ordered by a physician, should be placed on their backs to sleep on a firm surface made for infant sleeping (*Child Care Standards 2018 10.6*). Safe sleep practices apply to **all** babies under the age of 12 months.

Information retrieved from: [Providing Care for Babies to Sleep Safely | SUID and SIDS | CDC](#), [Safe Sleep Environment | Safe to Sleep®](#) and [Why Back to Sleep? - Safe Sleep Academy](#)

- Ensure mattresses are firm and covered with a tightly fitted sheet.
- Remove all blankets, pillows, bumper pads, stuffed animals, bibs, hats, bottles, and items hanging over the sides from the sleep space.
- Replace all blankets and swaddle with wearable blankets (i.e. sleep sack). It is recommended that swaddling stops at the age of 2 months.
- As infants begin to roll, sit up and pull to standing, the crib platform should be lowered.
- Ensure the room is adequately lit and ventilated and the temperature should be between 68 to 72 degrees Fahrenheit.
- Position yourself to monitor sleeping infants by sight and sound.
- If pacifiers are used for sleeping, be sure to remove clips and strings.
- Place cribs away from windows and hanging cords, which can be a strangulation/choking hazard, and ensure all outlets are covered.



SAFE



UNSAFE



- To reduce suffocation risks, children who fall asleep in other equipment must be transferred into their crib and placed on their backs immediately.
- Infants who can **consistently** roll onto their stomach **without assistance** do not need to be **repositioned** to their back once in their crib.
- Use all equipment according to the user manuals.
- **Do not** accept or use inappropriate materials that promote unsafe sleep practices from parents or guardians unless you have received a note from a physician.

CPD Hours on Topic

AAP Safe Sleep Online Course: [Safe Infant Sleep in Early Care and Education | shopAAP](#)

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August 2025