

# Clear the Crib!

Do you know how to create a safe sleep zone for your baby?

Put an "X" through the things that don't belong in the crib.



## Facilitator's sheet

Nothing should be in the crib except the baby, tight fitting sheet and the pacifier.

### Here's why the other items don't belong:

**Pillow** - Baby can roll over or put her head to the side and can suffocate.

**Blanket** - Baby can scoot and wiggle and the blanket can come up over their head.

**Stuffed animal** - Baby can turn their head or wiggle into it, causing suffocation.

**Hair Bow** - If it's wrapped around baby's head it can fall over her face onto her neck and cause strangulation or can move down over nose and mouth and cause suffocation.

**Car seat/carrier** - Sleeping in an inclined position is dangerous as baby's head can flop forward or to the side, cutting off her airway.

**Bottle** - Clutter that doesn't belong in a crib. Area should be free of all obstructions allowing baby the ability to scoot and move.

**Wipes** - More clutter in the crib but baby can also scoot up next to it and breathe in the chemicals from the plastic.

Thank everyone for participating and provide Certificates of Completion.