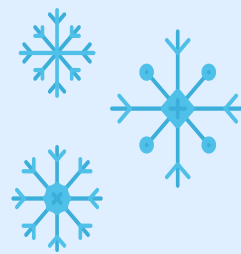


•HFNY Safety Tips•



Winter Safe Sleep

Sleep safety tips during the cold and winter months



- Always follow the ABCs of safe sleep (health.ny.gov/diseases/conditions/safesleep/)
- As the colder weather approaches, it is important to have conversations around safe sleep
- Take these steps to help your baby sleep safer during the winter months.



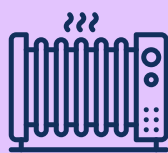
Use a firm sleep surface



Don't smoke in your home or around your baby



Dress baby in a fitted, wearable sleep sack



Don't have heat sources directly aimed at your baby



Place baby to sleep on their back



Don't have your baby sleep in hats, hoods, or outdoor clothing

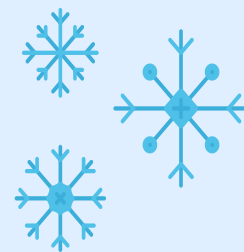
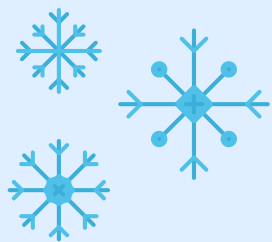
SOURCES:
Centers for Disease Control and Prevention. (2021, March 9). Indoor safety | winter weather. Centers for Disease Control and Prevention. (n.d.). Safe sleep for babies. Centers for Disease Control and Prevention. (2022, June 28). Helping babies sleep safely. New York State Department of Health. Safe Sleep For Baby. (n.d.)

Released: November 2024



Office of Children
and Family Services
Healthy Families NY

•HFNY Safety Tips•



Winter Safe Sleep



Keep soft bedding, such as blankets and pillows, and plushies out of sleeping area



Don't have your baby sleep with weighted blankets



Have your baby sleep alone



Avoid hanging items on or above your baby's crib



Keep your infant's sleep area in the same room where you sleep



Infants less than one year of age should not sleep in cold rooms (Recommend 68–72°F)

SOURCES:
Centers for Disease Control and Prevention. (2021, March 9). Indoor safety | winter weather.
Centers for Disease Control and Prevention. (n.d.). Safe sleep for babies.
Centers for Disease Control and Prevention. (2022, June 28). Helping babies sleep safely.
New York State Department of Health. Safe Sleep For Baby. (n.d.)

Released: November 2024



Office of Children
and Family Services
Healthy Families NY