

PRACTICE HEALTHY INFANT SLEEP ENVIRONMENTS (PHISE) STUDENT'S GUIDE

Below are the Healthy Infant Sleep guidelines. Make your poster using these guidelines. For example, you could draw what a baby's crib should look like, or show a family with daily habits that are part of Healthy Infant Sleep Practices. The more of these guidelines you can fit into your poster the more educational it will be to the people who see it. Not only are you learning about Practicing Healthy Infant Sleep Environments but you are helping to teach others!

HEALTHY SLEEP ENVIRONMENT

KEEP ALL OBJECTS, SOFT BEDDING
OUT OF THE CRIB. NEVER
COVER A BABY'S HEAD WHILE HE
OR SHE IS SLEEPING.

FIRM SLEEP SURFACE:
USE ONLY THE MATTRESS DESIGNED
TO GO WITH THE CRIB. NO GAPS
BETWEEN CRIB AND MATTRESS!

AVOID USING BUMPERS,
WEDGES, POSITIONERS.

PLACE INFANT ON HIS OR
HER BACK TO SLEEP,
EVERY TIME THEY SLEEP.

BABY SHOULD SHARE A BEDROOM
WITH PARENTS BUT NEVER SHARE A
BED WITH A PARENT, SIBLING OR PET.

AVOID OVERHEATING A BABY.

AVOID SMOKE EXPOSURE:
NO SMOKING IN BABY'S HOME OR CAR.
SMOKERS SHOULD WASH UP
BEFORE HANDLING BABY.

AVOID USING HOME HEART
MONITORS AND BREATHING
DEVICES, UNLESS SPECIFICALLY
RECOMMENDED BY A PEDIATRICIAN.

OFFER BABY A PACIFIER. NEVER
FORCE IT INTO THE BABY'S MOUTH.

These guidelines were developed by the American Academy of Pediatrics.
An organization you can trust!

Student Guide produced by the Department of Children and Families'
Office of Performance Management and Accountability