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!

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