

**Sleeping with your baby is not recommended. If you choose to have your baby sleep in your bed please follow these safety guidelines:**

There must be **no alcohol or drug** use by **you or anyone** sharing baby's bed.

Even **medications** can **make you less aware** of baby next to you.

The mattress should be firm.

There should be no spaces against a wall or headboard where baby could become trapped if he rolls over the edge of the bed.

Use as few blankets and pillows as possible, and be sure to keep these away from baby's face.

When your child is around 2 to 3 years old (or around 3 feet tall), she will be able to climb out of the crib. Now is the time for a toddler bed.

You can use the crib mattress on the floor for a bed.

You can attach a **safety rail** on a "big" bed or put padding on the floor to prevent falls and injuries.



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Version française disponible



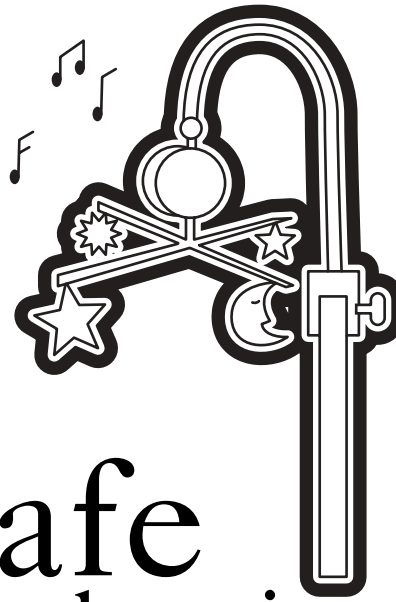
# Sleep and Your Child

## 6 Months Old to Toddler



Conseil Cri de la santé et des services sociaux de la Baie James  
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Cree Board of Health and Social Services of James Bay

Healthy 6 month olds can usually go 10-12 hours at night without eating. Most babies that wake and feed more often than this do it out of habit.



## Tips for getting more sleep

**Keep teaching** your baby to **fall asleep on her own** so that she can calm herself and fall back asleep during the night if she wakes up. Some things you can do to help:

- ▶ Put her to bed at the same time each night or nap
- ▶ Have a calming bedtime routine. For example: bath, reading, lullaby, tuck-in
- ▶ Try not to get baby too excited close to bed or naptime
- ▶ A cuddly stuffed animal or blanket may be helpful
- ▶ Don't allow her to hold the bottle or take it into bed with her

## Safe sleeping

Follow these tips to prevent injuries or Sudden Infant Death Syndrome (SIDS):

- ▶ Put baby to sleep on his **BACK ONLY** (not tummy, not side).
- ▶ Don't use blankets, pillows or stuffed animals in the crib.
- ▶ Don't sleep with baby. He may suffocate or get rolled upon.
- ▶ Don't overdress or overheat baby. Use non-flammable pyjamas only (check label).
- ▶ Keep crib away from windows (so baby can't climb and fall through), and from blind cords (so baby can't get tangled or strangled).

## How to know your crib is in good shape:

- ▶ Made after 1986
- ▶ Firm mattress that fits well in the crib
- ▶ Solid frame with no loose screws
- ▶ Bars lock into place
- ▶ No spaces against the bars where baby could become trapped if he rolls over the edge of the mattress
- ▶ Bars must be less than 6 cm apart (so baby's head cannot fit through)

