



Dad Facts

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“Rock a Bye Baby”

What do I need?

Crib (a soda can should not fit through the bars) Play yard, portable crib
Tightly fitting mattress and sheets
Waterproof mattress pad for under the sheets
Receiving blankets
Onesies, footed pajamas and blanket sleepers for the winter.
Pacifiers as needed

Safe Substitutions:

Towel to place under the sheet
Sleep sack



- Babies should always be put on their backs to sleep and to take naps.
- Keep soft or loose bedding and toys out of their sleep space.
- No sleeping on couches, adult beds, swings or in car seats. Place the baby in a crib or portable crib.
- No bed sharing with parents, siblings or anyone else.
- Do not overdress the baby. One sleeper and one light (receiving) blanket are all you need. Tuck the blanket into the crib mattress and only put as high as your baby's waist.
- Eliminate all smoking around your child.
 - Create a routine so the baby knows that it is time to sleep. For example: bath, bottle, read two books, play or sing their favorite song and then place the baby in the crib. This is a great bonding time for you and helps baby wind down for sleep.



*****Remember that placing your baby on their tummy to play strengthens their shoulders, neck, abdomen, and back muscles. This should be done a few times a day but only if they are being closely watched. Doing this also reduces the risk of your child developing a flat head.**

Resources: If you need a safe place for your baby to sleep, you can contact the following to inquire about receiving a crib and safe sleep information:

Kenosha County:

Kenosha County Division of Health
8600 Sheridan Road - Suite 600
Kenosha,
605-6723

or

Racine County:

Next Generation Now
1220 Mound Avenue
Racine
635-1920

