

# Gifts for New & Expecting Parents

## Give the gift of Safe Sleep

New moms and dads will rest easier (what little rest they will get) if they know their baby is sleeping safely, in a Safe Sleep Space that reduces the risk of SIDS (Sudden Infant Death Syndrome). You can help by giving baby gifts that create a Safe Sleep environment:

- A crib, bassinet, or pack & play; every baby needs their own sleep space for every sleep, nighttime and naps. If you will be keeping the baby, you may want to get a pack & play or portable crib to keep at your house.
- Sleep sacks and footed sleepers are great gifts and provide added warmth when needed without adding blankets, which are a dangerous suffocation hazard for infants, to the crib.
- Colorful fitted sheets that fit the crib's mattress. Crib skirts that are made for crib mattresses.
- DO NOT GET ANY bumper pads, pillows, or blankets.
- Wall decals or other decorations to hang on walls in the room.
- Any soft baby blankets should NOT go in the bed, but can be used as a wall hanging or for holding the baby while awake.
- Curtains or cordless blinds will add to the decor. Avoid blinds with cords or strings that are risks for choking young children.
- Books to read to the baby can be found at [CharliesKids.org](http://CharliesKids.org)

A Safe Sleep Space can be a crib, bassinet or pack & play that meets current standards set by the Consumer Product Safety Commission [cpsc.gov/en/Safety/Cribs](http://cpsc.gov/en/Safety/Cribs).

**There should be nothing in the baby's sleep space but the baby! Babies should sleep alone, on their back and in a clean, clear crib.**



**ALONE**

Stay Close,  
Sleep Apart



**BACK**

On their Back for  
Nights and Naps



**CRIB**

Clean, Clear Crib



**DANGER**

Be Aware,  
Not Impaired