

MSSC SAFE SLEEP TASK FORCE

Brief Provider Script for Addressing Parent Concerns

1. In what position will/do you lay your baby down to sleep?

The safest position for baby to sleep is on their **back** for *every* sleep time. Some babies may seem happier on their tummies, however, babies will adjust to sleeping on their backs if you start placing them on their backs for every sleep time. Continue to place babies on their backs for every sleep time, even after they have learned how to roll over. Once babies start rolling over and choosing their own sleep position, you do not need to keep turning them over onto their backs.

2. Where will/does your baby sleep?

The safest place for baby to sleep is in a room where others sleep, but not in a shared bed. Always place baby to sleep on his/her back in his/her own safety-approved crib/bassinet/pack-n-play. Baby should never sleep on sofas, chairs, recliners, waterbeds, soft surfaces such as pillows, cushions, sleeping bags, sheepskins, or in any bed with another adult or child. Additionally, car seats and other sitting devices (such as baby swings, strollers, infant slings, etc.) are not recommended for routine sleep.

3. Please circle the items that are already in your baby's sleeping area at home, or that you plan to get for your baby's sleeping area.

To create the safest sleep environment for your baby, it is important to remove all soft, fluffy, loose blankets and bedding (including pillows, blankets, sleeping bags, sheepskins, stuffed animals, etc.) and other soft items (such as stuffed animals, diapers, burp cloths, etc.) from the baby's sleep area. Additionally, bumper pads, wedges and positioners should *not* be used. When babies are able to roll over, it is even more important that their sleep environment is safe with nothing else in the area (blankets, pillows, soft toys, etc.) that can get near their face.

4. Have you discussed Safe Sleep with your child's other care providers?

Talk to grandparents, relatives, friends, babysitters, and child care providers about safe sleep for your baby and what works best to help baby fall asleep on his/her back for every sleep time. **Tell everyone** who takes care of your baby to follow these important safe sleep practices.

For more detailed information please see the [Infant Sleep Position and SIDS: Questions and Answers for Health Care Providers](#) booklet provided in your tool kit.