



# Think Safety

## Safe Sleeping For Babies

---

- » **Never share your bed with a baby.**
- » **Babies should always sleep alone in a crib close to your bed.**
- » **Place infant on its back to sleep until one year of age.**
- » **Do not use pillows, crib bumper pads, blankets, duvets or quilts (especially adult bed-covers), on or under your baby.**
- » **Keep toys/stuffed animals out of the crib.**
- » **Put infant on a firm mattress in a crib (do not use a sleeping surface that wasn't designed or approved for infant sleep).**
- » **Keep your baby's room cool (about 18°C, or 65°F) when he or she is sleeping.**
- » **Do not overdress or overheat the baby, especially if he or she is ill.**
- » **Keep your baby away from cigarette smoke.**
- » **Tell other caregivers of the baby (parents, aunts, babysitters, etc.) to follow these simple rules, too.**



# Think Safety

## Safe Bathing

---

Supervise your young children  
at all times!



Infants and toddlers must have constant and **uninterrupted** supervision while bathing.

**While bathing your child, never leave the room to answer the phone, or for any other reason.** Do not use bathtub seats or rings.



[www.torontoccas.org](http://www.torontoccas.org)