

Using Your Baby Box Safely for Sleep

Is my Baby Box designed for sleeping?

The safest place for a baby to sleep is on his or her back, in a crib, cradle or bassinet. Baby boxes that meet Health Canada's *Cribs, Cradles and Bassinets Regulations* and are designed for infant sleep are a low cost, accessible and portable sleep option. Contact the manufacturer of the baby box directly to find out if your box is safe for sleeping.



How can I use the Baby Box safely?

- Make sure the box is put together correctly.
- Read all instructions and warning labels on the box.
- The safest place to use the box is on the floor next to your bed.
- Never place the box on an elevated surface such as a sofa, table or bed while baby is inside it.
- Do not use the lid when baby is inside the box.
- Do not carry the box with the baby inside.
- Only use the mattress that comes with the box. It should be firm, not soft.
- Do not use a bumper pad, sleep positioner or extra padding inside the box.
- Do not put pillows, stuffed animals, or loose blankets inside the box.
- Keep pets out of baby's sleeping area. Pets can jump into the box and increase the risk of suffocation or other injuries. Infants should not be left alone with a dog as they are at a greater risk of being bitten, especially on the head.
- Avoid fire and burns by keeping the box away from baseboard heaters, portable heaters, fireplaces, wood stoves, ovens and other sources of heat.
- Do not smoke or keep lit cigarettes near the box.
- Check box regularly for damage.
- Keep the box dry and follow manufacturer's instructions for cleaning.

When should I stop using the Baby Box?

- When baby reaches the weight limit for the box or when baby starts to roll over.
- If the box gets wet or becomes damaged.

Safe Sleep for Baby

- Baby sleeps in her own sleep space in the same room as parents/caregivers.
- Baby sleeps on his back.
- Baby sleeps in smoke free room.
- Baby sleeps in sleeper only.
- Baby only in crib - no bumper pads, pillow, soft toys or loose blankets.
- Breastfeed baby.

For more information contact:

Your Public Health Nurse. To find your Public Health Office call Health Links (in Winnipeg: 204-788-8200, Toll Free: 1-888-315-9257).