

# SAFE SPACE

EVERY  
BABY  
TO **1**



Creating a safe space is crucial for your baby and can help reduce the chances of SUIDs and SIDS. This may seem like an easy task but there are several components that new parents may not think of until it's too late. Ask a baby ambassador in your faith-based community for tips and assistance and do your research thoroughly.

## HOW TO CREATE A SAFE SPACE:

- Baby proof the basics in your home
  - Add child-proof locks to all low cabinets and drawers
  - Add child-proof lock to your toilet
  - Put anything sharp, toxic, or in general dangerous out of the reach of a baby or toddler
- Create a safe and contained space for your baby to play and sleep\*
  - Play pen
  - Baby gate
  - Crib without toys, pillows, or blankets
  - Bassinet
- Don't smoke, drink, or do other illicit drugs around your baby and don't allow other people to do those things around your baby either
  - Look for tips on how to quit smoking here.
  - Seek support and accountability to help quit using these substances around your baby

\*Regularly inspect your baby's crib, car seat, highchair, pack-n-play, and swing for loose or broken parts. Check for recalls on these items and toys, which may have low-cost replacements available.