



## **Infant Safe Sleep Vacation and Travel Guide**

### **Important tips to ensure your baby has a safe place to sleep at naptime and at night.**

- ❖ Always take a pack-n-play or portable crib with you if you're not sure one will be available.
- ❖ Remember that adult beds are not safe for infant sleep. The safest place for your baby to sleep is in a crib, bassinet or pack-n-play that meets current safety standards.
- ❖ Baby should sleep by him or herself in the crib, bassinet, or pack-n-play. No bed sharing with adults, other babies or children. Room-sharing is recommended.
- ❖ Your baby should sleep on his or her back. Your baby could suffocate if placed face down on a soft surface such as a bed, blanket, pillow, waterbed, sofa or rug.