

Can You Pass the Safe Sleep Test?

1. Researchers have found that the risk of SIDS is ___ times higher for babies with mothers who smoke before the baby is born.
a) Two b) Three c) Four
2. The risk of choking actually decreases when babies sleep on their back.
True or false?
3. To avoid flat head you should:
a) Flip baby from back to tummy every other night
b) Place baby at the head of the crib one day and at the foot the next day
c) Put baby to sleep in a car seat
4. Bumper pads are recommended for:
a) Protection for the babies head
b) To stop arms and legs getting caught
c) Bumper pads are not recommended
5. Separate but proximate means:
a) Baby in own room close by and in baby's own bed
b) Baby in the same room and in the parent's bed
c) Baby in the room, but in baby's own bed?
6. You should begin tummytime play when the:
a) Baby's cord falls off
b) Baby is six weeks old
c) Baby has flat head
7. A baby can spend many hours in a car seat swing or bouncer.
True or false?
8. A playpen is a safe sleep alternative
True or false?
9. If baby falls asleep in a car seat you should:
a) Make sure they are strapped in and leave them.
b) Take them out and put them in a safe sleep location
c) Never wake a sleeping baby.
10. SIDS is a medical condition?
True or false?

Each year Canadian babies die in unsafe sleep environments. Many believe this is because of lack of education. Researchers suggest
8 out of 10 babies who die could be saved
by creating a safe sleep environment.

Become a Certified Safe Sleep Childcare Provider



Take the Online

Safe Sleep for Babies Certificate Course

Go to

www.sidscanada.org

Sign up today.

Know the safe sleep practices for all infants to help eliminate sudden and unexpected infant deaths.



The Canadian Foundation for the Study of Infant Deaths

La Fondation canadienne pour l'étude de la mortalité infantile

National Office: 60 James Street, Suite 403, St. Catharines, Ontario L2R 7E7

Tel: 905-688-8884 Toll Free: 1-800-363-7437 Fax: 905-688-3300

Website: www.sidscanada.org E-Mail: sidsinfo@sidscanada.org

Test Answers: 1. Three 2. True 3. B 4. C 5. C 6. A 7. False 8. False 9. B 10. False