

Sleep Safety for Infants and Toddlers



At Children's Hospital Los Angeles we believe that using the right crib or bed keeps your child safe. It also helps you and your child get rest during your stay.

All children must sleep alone in their own bed or crib while in the hospital. This is part of the hospital policy, Safe Sleep Practices, PC – 189.0.

To help keep your child safe, please follow these rules:

Infants 0 to 12 months

- Every infant will have their own crib for sleeping.
- Infants should always sleep alone in their crib. They cannot sleep on the window seat, chair, or sofa.
- Infants should sleep on their backs on a firm mattress.
- Avoid too much heat and do not cover the infant's head.
- Do not place these items around the sleeping infant:
 - pillows
 - pillow-like toys
 - quilts
 - comforters
 - mattress toppers
 - fur-like materials
 - loose bedding
 - weighted (heavy) blanket
- See Safe Sleep Practices Hospital Policy for more information.

Toddlers 12 to 36 months

- Toddlers (36 months and under) should have their own crib, even if they sleep in a bed at home.
- For children over 36 months, the nurse will help choose a bed or crib. It will be based on their height, weight, safety needs, and/or how they sleep at home.
- Toddlers cannot sleep on the window seat, chair, or sofa.

*If a parent or legal guardian decides to not follow these safe sleep rules, they must always stay with the child. Staff members may not be able to watch the child if the parent leaves.

Please talk to your child's nurse to learn more about sleep safety at home or in the hospital.

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