Join the
#SafeSleepSnap Activity!

What is #SafeSleepSnap?

This fun social media activity encourages parents and caregivers to share photos of safe infant sleep practices in action.

How do I join #SafeSleepSnap?

Post a photo of a baby in a safe sleep environment with the hashtag #SafeSleepSnap on your social media account. And you're done—It's a snap! Visit **https://bit.ly/SafeSleepSnap** for ideas and tips.

Why should I join #SafeSleepSnap?

Because a picture is worth a thousand words. Sharing pictures of babies in safe sleep environments is a fun way to show ways to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related infant deaths.

Help us to encourage safe infant sleep during Sudden Infant Death Syndrome (SIDS) Awareness Month and beyond.

Visit the Safe to Sleep® website to learn more about **#SafeSleepSnap**.

https://safetosleep.nichd.nih.gov/

SAFE TO SLEEP®

Take the #ClearTheCrib Challenge!

What is the #ClearTheCrib Challenge?

This fun activity uses a little friendly competition to teach everyone what a safe sleep environment looks like. How do you create a safe sleep area for baby? Clear the crib! Try the Challenge with friends, during baby showers and parenting classes, or as a relay race, or practice on your own.

How do I take the Challenge?

Visit https://bit.ly/CleartheCrib for full details, including certificates and other materials. General **#ClearTheCrib** Challenge steps are as follows:

1. **Set up the baby's sleep space (Visit https://www.cpsc.gov to find safety standards for infant sleep spaces.)** Make sure there is enough room to safely move around the space.

2. **Add up to 10 "REMOVE" items or crib clutter and at least 1 "KEEP" item to the sleep area.** Visit https://bit.ly/CleartheCrib to learn more about these items.

3. **Review game instructions** and the **What Does A Safe Sleep Environment Look Like?** handout.

   Optional: If you want to share the challenge with friends on social media, use a cell phone camera or another video-recording device to record yourself as you complete the activity.

4. **Set a timer for 10 seconds to #ClearTheCrib.** The goal: Take out all the "REMOVE" items and leave the "KEEP" items before time runs out.

5. **Count the number of correct items and those left in the sleep space.** If several people are playing, the person who removed/left in the most correct items wins!

Share approved videos/photos, if desired, on social media and digital channels using the #ClearTheCrib hashtag!

NIH › *Eunice Kennedy Shriver* National Institute of Child Health and Human Development
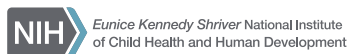
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