



Have a safe sleep plan in case you must leave your home during an emergency.

Natural disasters, like tornadoes, hurricanes, floods, or fires, can happen quickly and be scary. Have a plan to keep your baby sleeping safely.

Take these steps to keep your baby safe during an emergency.

- Place baby on his or her back to sleep including naps and at night.
- Keep baby in your room, close by, but not in your bed.
- Make sure baby's sleep space has a firm, flat, and level sleep surface covered by a well-fitted sheet.
- You may need to use a temporary sleep surface, like in the picture below. This should be replaced with a Consumer Product Safety Commission-approved* surface as soon as you can.
- Temporary (or Emergency) sleep surfaces can include a box, basket, or dresser drawer.



If you need help finding a safe sleep surface, ask for a community resource list from your Let's Talk Circle of Support.

**Visit the U.S. Consumer Product Safety Commission website ([cpsc.gov](https://www.cpsc.gov)) for more information about crib safety and safety-approved infant sleep surfaces or to sign up for product recall notices.*



ALSO IN THIS SERIES:
Back to Sleep
Room Sharing
Sleep Surface
Soft Objects

Let's Talk – Emergencies

You may use alternative sleep surfaces in the event of an emergency.

For content resources, visit: dshs.texas.gov/SafeInfantSleep

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Family and Caregiver Common Questions

What resources are available in emergency situations?

If you are seeking shelter at an organization that is government-regulated, there should be enough safety-approved sleep surfaces for families that need them.

Refer to **Let's Talk – Safe Infant Sleep Community Resources** handout for other resources that may be able to support you if you were to experience an emergency.

What if I cannot afford a safe sleep surface for my baby?

If you are not able to purchase a crib or other safe sleep surface, or if you are or become unhoused and need a portable safe sleep surface for your baby, refer to **Let's Talk – Safe Infant Sleep Community Resources** handout for groups that can help you get a safety-approved crib or bassinet for your baby.

Let's discuss who on this list you can call for support and what your safe sleep plan would be in this situation.

Are baby-sized cardboard or other boxes safe to use in an emergency?

In an emergency, you may use a temporary sleep surface for your baby that is firm, flat, and level, such as a box, basket, or dresser drawer. The surface should not include a covering or lid and should include thin, firm padding that fits well in the space.

Any space not designed for infants should be temporary and replaced with a CPSC-approved crib, bassinet, or play yard as soon as one is available.



Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

For content resources, visit:
dshs.texas.gov/SafeInfantSleep