



## 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](https://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](https://dshs.texas.gov/SafeInfantSleep)