

The Rock-n-Play has been recalled. Please stop using this product. For more information visit www.aap.org



Below are additional previously recalled products. This is not a complete list. Please visit www.aap.org product recalls.



The American Academy of Pediatrics (AAP) recommends creating a safe sleep environment.

1. Babies placed on their back on a firm sleep surface such as a crib or bassinet,
2. No soft bedding including crib bumpers, blankets, pillow and soft toys.
3. Babies should not sleep in bed with parents
4. Babies should share a bedroom with parents, but not the same sleeping surface, at least the first 6 months preferably until the baby turns 1 year old

The AAP does not recommend using inclined sleep products, car seats, strollers or other devices or seats for sleep because of the risk that a baby could roll or turn into an unsafe position and be incapable of moving, leading to suffocation or strangulation.

Below are examples of products that do not meet safe sleep requirements by the American Academy of Pediatrics.



Any sleep surface that restrains a baby



No soft bedding including bumpers, pillows, and soft toys



Car Seats



Swings, bouncers, wedges or any seat that require restraining a baby.

Below is an example of a safe sleep environment.



Offer supervised tummy time when your baby is awake.



My Tummy Time

Neck

- Strengthens neck muscles
- Improves head control

Head

- Prevents Plagiocephaly (flat head)

Brain

- Sensory Processing Skills
- Cognitive development
- Motor planning skills

Eyes

- Visual Motor Skills and Depth Perception
- Eye hand coordination skills

Hands & Arms

- Strengthens shoulders for reaching and fine motor skills
- Develops hand arches for fine motor skills

Tummy

- Strengthens core muscles
- Can help constipation, gas & reflux

Legs & Hips

- Strengthens & stretches muscles for crawling

Back

- Strengthens core muscles
- Promotes skeletal alignment



Who knew I was working on all these skills in Tummy Time....

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