

SAFE SLEEP FOR BABIES

Safe Sleep [seyf-sleep]

noun

1 protecting your baby from dangers, such as choking, not being able to breathe, and sudden infant death syndrome, while they sleep



CHECKLIST

PUTTING BABY TO SLEEP

1. Place your baby on their back until the age of 1.



2. Lay your baby on a firm sleep surface, such as a crib mattress with a tightly, fitted sheet.



3. Keep items such as blankets, pillows, toys, and pads out of the sleeping area.



4. Remove strings from clothing, electrical wires, and window cords from crib.



5. Allow baby to sleep in a smoke-free environment that is a comfortable room temperature.



6. Share a room, not a bed.



Q: What is Sudden Infant Death Syndrome (SIDS)?

A: SIDS is the sudden, unexplained death of a baby under the age of 1. Risk factors for SIDS include having your baby sleep on their stomachs, on or under soft bedding, and if the baby is exposed to cigarette smoke.

Q: Where should my baby sleep?

A: The best place for your baby to sleep is a bassinet or crib. The bassinet or crib should have a crib mattress that is fitted with a sheet. Check to make sure that no window cords or wires are near the crib, and that the room temperature is comfortable!

Q: What lifestyle changes can I make to promote safe sleeping?

A: Do not drink alcohol or use drugs during pregnancy. After pregnancy, keep your baby away from smoke. Alcohol and other drugs can have adverse effects on you and your baby's health. Make sure to schedule and prioritize your prenatal care checkups!

Q: What is room sharing versus co-sleeping?

A: Room-sharing is when the baby sleeps in their parents' room, in a bassinet, crib, or bedside sleeper. Co-sleeping is when parents and babies sleep in the same bed. Co-sleeping poses risk to the sleeping baby, such as accidentally covering their face with a blanket and risking suffocation.

Resources & References

National Institutes of Health
www.safetosleep.nichd.nih.gov
March of Dimes
www.marchofdimes.org

Kids Health
www.kidshealth.org
Center for Disease Control and Prevention
www.cdc.gov

