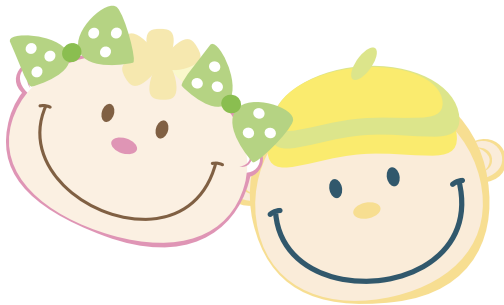


Get the word out

Make sure that everyone who cares for your baby practices safe sleep.

Infants who usually sleep on their back, but are then placed to sleep on their stomach or sides, are at an increased risk of SIDS.

Parents, grandparents, babysitters, child care providers and everyone else in charge of putting a baby to sleep should place them within an approved safe sleep environment. This should include for naps and at night.



The easiest way to remember how to create a safe sleep environment is to think of the ABC's of safe sleep:



Reduce the risk of
**Sudden Infant
Death Syndrome**



Practice Safe Sleep

Sudden Infant Death Syndrome (SIDS)

SIDS is the sudden unexplained death of an infant under 1 year of age.

SIDS is the leading cause of death among infants aged one month to one year. Each year nearly 3,500 infants die from SIDS.

Important things to know about SIDS:

Infants who sleep on their stomach are at a greater risk of SIDS than infants who sleep on their backs.

Sleeping on soft surfaces, such as couches & soft mattresses, is a significant risk factor for SIDS.

Bed sharing with an infant is hazardous and is a risk factor for SIDS.

Infants whose mothers smoke during or after pregnancy are at a greater risk of SIDS.

What can be done to reduce the risk of SIDS

BACK TO SLEEP

Always place a baby on their back to sleep. Placing an infant on their back to sleep significantly lowers SIDS risk.

A FIRM SLEEP SURFACE

Never place baby to sleep on pillows, quilts, sheepskins or others surfaces.

ALWAYS place baby to sleep on a firm sleep surface, such as a safety-approved crib mattress.

The American Academy of Pediatrics does not recommend infant car seats, strollers, swings, baby loungers or slings for routine sleep as they pose a risk for airway obstruction.

OTHER TIPS

Do not smoke before or after the birth of the baby and do not let others smoke around the baby.

Offer a pacifier when putting the baby down to sleep.

Do not use home monitors or commercial devices, including wedges or positioners marketed to reduce the risk of SIDS.

Assure babies are up-to-date on their vaccines.

SAFE SLEEP ENVIRONMENT — NO BED SHARING

Baby should not sleep in a bed, couch or armchair with adults or other children.

It is encouraged that babies room-share with their parents (not bed share) for at least 6 months and preferably 1 year.

If parents bring the baby into bed to breastfeed, they need to put them back in a separate sleep area when finished.

NOTHING IN CRIB OTHER THAN BABY

Keep soft objects, such as stuffed animals and loose bedding, out of the crib.

Do not use blankets, pillows, quilts or crib bumpers in the baby's sleep area.

Consider using a sleep sack for your baby. These wearable blankets replace loose blankets in the crib that can cover your baby's face and interfere with breathing.

