

Safe Sleep for Your Baby



Reduce the Risk of Sudden Infant Death Syndrome (SIDS) & Other Sleep-Related Causes of Infant Deaths

Do's & Don'ts

✓ Do

- Do keep soft objects, toys, blankets out of baby's bed
- Do breastfeed your baby
- Do offer baby a pacifier, NOT on a string, at sleep time once breastfeeding is going well
- Do follow doctor/nurse advice on baby's vaccinations and regular checkups
- Do give plenty of Tummy Time when baby's awake and when someone is watching

✗ Don't

- Don't let baby sleep with you or anyone else in a bed, couch, or on a chair
- Don't let baby get too hot during sleep
- Don't use products (like home heart or breathing monitors) to reduce SIDS and other sleep-related causes of infant death



Tummy Time helps strengthen baby's head, neck and shoulder muscles. It prevents flat spots on the head, too!



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What Does Safe Sleep Look Like?

1 Type of Bed

Use a firm sleep surface, like a mattress, covered by a fitted sheet in a safety-approved crib or play yard.

Crib Safety Questions?

Consumer Product
Safety Commission
1-800-638-2772 or cpsc.gov

2 What Goes in Baby's Bed

Be sure baby always sleeps alone in a proper sleep area. Check that no pillows, blankets, sheepskins, toys or crib bumpers are in baby's sleep area.

3 Nothing Covers Baby's Head

4 How to Put Baby to Bed

Always put baby on back to sleep for naps, at night, anytime!

5 What Baby Wears to Sleep

Dress baby in light sleep clothing like a one-piece sleeper. Don't use a blanket.

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Remember

- ✓ Get regular checkups during pregnancy
- ✓ No smoking during pregnancy or after birth, and don't expose baby to smoke
- ✓ No alcohol or illegal drugs during pregnancy or after birth

Baby sleeps safest alone, on back, in a crib.



Always put me in my crib alone. I shouldn't sleep in your bed or have anyone else in mine.



Always put me on my back to sleep — at night or even when I'm just napping.



Always make sure the only thing on my firm mattress is a fitted sheet. No blankets, pillows, or stuffed animals.