

Safe Sleep for Babies

Alone, on the Back and in a Crib



Preparing for Baby



Remember the ABC's of Safe Sleep

A baby should always sleep alone, on the back and in a crib.

Safety-Approved Crib

- Place your baby alone in a safety-approved crib with a firm mattress covered with only a fitted sheet.
- A car seat is an appropriate place for baby to sleep while traveling in a car, but baby should always sleep in a safety-approved crib for naps or night while at home.

Did you know?

About one in five sudden infant death syndrome (SIDS) deaths occur while an infant is in the care of someone other than a parent. Many of these deaths occur when babies who are used to sleeping on their backs at home are placed to sleep on their tummies by another caregiver. We call this "unaccustomed tummy sleeping."

Bringing Baby Home



Breastfeed

Breastfeed your baby, if possible. Experts recommend that mothers breastfeed at least through the first year of baby's life.

Shared Room, Separate Bed

The safest place for your baby to sleep is in the room where you sleep, but not in your bed. Place the baby's crib, bassinet or bedside cosleeper near your bed (within an arm's reach). This makes it easier to breastfeed and to bond with your baby.



Did you know?

Sleeping on a bed, couch or armchair is dangerous for baby and could result in suffocation, whether alone or with an adult.



Making the Crib Safe



Did you know?

If objects such as toys and soft bedding are in the crib, they can cover a baby's face and impair breathing.



Safe Sleep Environment

Keep soft objects, toys and loose bedding out of a baby's sleep area.

Safe Sleep Practices

- Consider using a wearable blanket or other sleeper instead of a blanket to avoid the risk of overheating. Keep the room at a temperature that is comfortable for a lightly clothed adult.
- If you use a blanket, place the baby's feet at the end of the crib. The blanket should reach no higher than the baby's chest. Tuck the ends of the blanket under the crib mattress.

Back to Sleep, Tummy to Play

Tummy time is for the baby who is awake and being watched. This will help strengthen neck muscles and avoid flat spots on baby's head.



Special Care



Did you know?

Some babies require special care, such as time spent in the Neonatal Intensive Care Unit (NICU). These babies are monitored by medical professionals and special equipment in the hospital. When they leave the NICU, safe sleep practices apply.



Safe Sleep Environment

- Cribs should be free from toys, soft bedding, blankets and pillows.
- Always place your baby on her back to sleep, even for short naps.

Consider a Pacifier

- Consider using a clean, dry pacifier when placing your infant down to sleep, but don't force the baby to take it.
 - If you're breastfeeding, wait until your baby is one month old, or is used to breastfeeding, before using a pacifier.
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Choose High Quality Child Care



Child care

- Talk about safe sleep practices with everyone who cares for your baby including childcare providers, babysitters, family, and friends.
- If you are a parent with a child in out-of-home child care be sure that person agrees to follow safe sleep practices all the time and advocate for the creation of a safe sleep policy.

Did you know?

Remember that unaccustomed tummy sleeping increases the risk of SIDS. Babies who are used to sleeping on their backs and are placed to sleep on their tummies are 18 times more likely to die from SIDS.



Tell Everyone



Back to Sleep

Always place babies on their backs to sleep.

Safe Sleep Environment

Place your baby in a safety-approved crib with a firm mattress and well-fitting sheets.

Smoke-free Environment

Place baby in a smoke-free environment.

Tell Everyone

Share this information with anyone who cares for your baby, including caregivers and family members.

Did you know?

Exposure to secondhand smoke increases your baby's risk of SIDS and respiratory illness. Research also warns of the dangers of thirdhand smoke – the chemicals left behind on skin, hair, clothing, in homes and in cars.



Putting It All Together



Did you know?

SIDS has been reduced by over 40 percent since the Back to Sleep Campaign was developed in 1994.

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- Placing babies on their backs is the number one way to reduce the risk of SIDS.
 - Place your baby in a safety-approved crib with a firm mattress and well-fitting sheets.
 - Cribs should be free from toys, soft bedding, blankets and pillows.
 - The safest place for your baby to sleep is in the room with you, but not in your bed.
 - Think about using a clean, dry pacifier when placing your baby down to sleep.
 - Consider using a wearable blanket or other sleeper instead of a blanket to avoid the risk of overheating. Keep the room at a temperature that is comfortable for a lightly clothed adult.
 - Talk about safe sleep practices with everyone who cares for your baby.

Remember the ABC's of Safe Sleep. Alone, on the Back and in a Crib.

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866-399-SIDS (7437)



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