

Infant Safe Sleep Recommendations

- Place baby on their back every time they go to sleep – even during the day, and even if you're visiting with friends or family.
- Back to sleep helps protect baby from re-breathing harmful carbon dioxide. Back to sleep will not cause choking if baby spits up. In fact, babies are more likely to choke while sleeping on their tummies.
- Put baby to sleep on a firm surface – car seats, swings, and other sitting devices are not safe for routine sleep.
- Keep baby's crib or portable sleep area completely clear from soft bedding and other objects like blankets, pillows, teddy bears, and bumper pads. Bumper pads aren't actually effective at preventing injury, and can increase the risk for suffocation, strangulation, or entrapment of baby.
- Don't overheat baby or cover their heads with blankets or too much clothing. Babies just need warm pajamas or a "wearable blankie" (sleep sack) to keep warm. Babies can overheat easily, even in the winter.
- Do not use wedges or positioning devices.
- Do not use home monitors or commercial devices marketed to reduce the risk of SIDS. Remember that just because something is sold in the store, doesn't mean there is any evidence that it protects babies.
- Baby should sleep in the same room as their parents, but never in the same bed.
- Offer a clean, dry pacifier at bedtime and naptime.

Sleep Time...



Infant Safe Sleep Recommendations Cont.

There are many ways to protect baby's sleep while they are actually awake!

- Babies who are breastfed are less likely to die during sleep, because breastmilk is the healthiest food for a baby.
- Do not smoke commercial tobacco during pregnancy, or after baby is born. Never smoke around baby. It is never too late to quit smoking for the health of everyone in the family.
- Vaccinate baby. Shots may hurt for a short period of time, but they protect baby from a number of serious and potentially life-threatening illnesses.
- Women should receive prenatal care as early as possible during their pregnancy.
- Prenatal care will help mom and baby be healthy all day and night.
- Baby should have "tummy time" every day. A responsible adult should supervise tummy time. This will help with baby's development physically, mentally, and socially. A bonus: tummy time helps prevent baby from getting a flat head.

These infant safe sleep recommendations should be followed from birth until baby is 12 months old.

The American Academy of Pediatrics developed this helpful list of recommendations for keeping baby safe during sleep and awake time. For more information including parenting resources, please visit the website aap.org or view the complete safe sleep guidelines at

<http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284.full.pdf+html>

Awake Time...

