

Infant Safe Sleep



SAFE SLEEP IS TRADITIONAL

Cradleboards

Back to Sleep

Protect, Love, Nurture

Safe Sleep Guidelines



BACK TO SLEEP

Back to sleep on a firm, flat surface helps baby breathe fresh oxygen. It does not cause choking.



ROOMSHARE

Baby should sleep in your room for at least the first 6 months to a year.



ALCOHOL & SMOKE FREE

Living alcohol and smoke free helps the whole family be safe.

Infant Safe Sleep, Cont.

REDUCE RISK

Keep baby's sleep area free from any fluffy pillows, blankets, stuffed animals, other children, and pets. Always honor "back to sleep."



Infant Safe Sleep, Cont.

BABY-WEARING

Baby-wearing is safe and traditional to many cultures. Look up the safety info on any carrier you choose to use.



Infant Safe Sleep, Cont.

CONTACT NAPPING

You can hold your baby as often as you like, even while they are sleeping, as long as you are awake and aware.



Infant Safe Sleep, Cont.

BREASTFEED EXCLUSIVELY

Breastfed babies
sleep safer
because they
breathe easier,
and are protected
from infections.

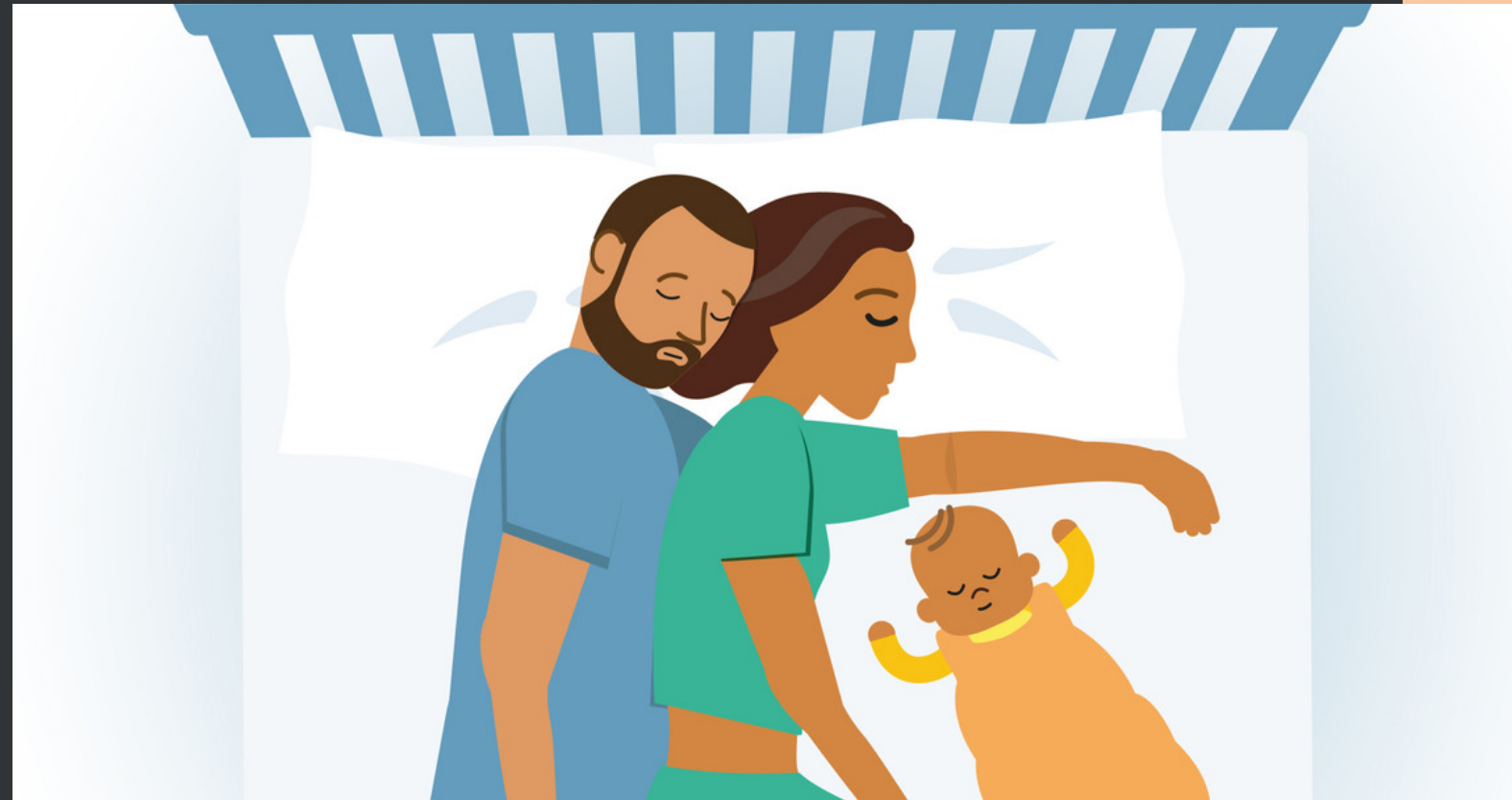




BEDSHARING

The most important thing you can do is educate yourself on how to reduce risk as much as possible:

- exclusively breastfeed your baby for the first 6 months of life
- do not use drugs, alcohol, or commercial tobacco
- there should be no other children or pets in bed with you



BEDSHARING, CONT.

Additionally:

- keep the space clear of loose or long hair and clothing
- always honor back to sleep
- adopt a C-curve position while baby nurses in side-lying pose
- move bed away from wall and drop mattress to the floor



BEDSHARING, CONT.

Certain conditions make bedsharing more dangerous:

- if your baby was born prematurely
- if your baby is not breastfed
- if you or your partner uses commercial tobacco



BREASTFEEDING AND SAFE SLEEP

If you think you'll fall asleep with your baby while breastfeeding, it's safest to do so in bed using the safe bedsharing principles. Do not fall asleep with your baby on a couch, armchair, or rocking chair.

Reduce Risk, Sleep Safely



What is safe and unsafe about these scenarios?
How can these families reduce risk for suffocation or overlay?
What will help these families sleep more safely?