

Safe Sleep For Your Baby



SAFE TO SLEEP®

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



Eunice Kennedy Shriver National Institute
of Child Health and Human Development

Spread the word!

Make sure *everyone* who cares for your baby knows the ways to reduce the risk of SIDS and other sleep-related causes of infant death. Remember: Babies sleep safest on their backs, and every sleep time counts!

Help family members, babysitters, daycare workers—**EVERYONE**—reduce your baby's risk of SIDS and ensure a safe sleep area for your baby. Share these safe sleep messages with everyone who cares for your baby or for any baby younger than 1 year of age.

For more information, contact the Safe to Sleep® campaign:

Mail: 31 Center Drive, 31/2A32, Bethesda, MD 20892-2425

Phone: 1-800-505-CRIB (2742)

Fax: 1-866-760-5947

Website: <http://www.nichd.nih.gov/SIDS>

Safe to Sleep campaign collaborators include:

Eunice Kennedy Shriver National Institute of Child Health
and Human Development

Health Resources and Services Administration/Maternal
and Child Health Bureau

Centers for Disease Control and Prevention, Division of
Reproductive Health

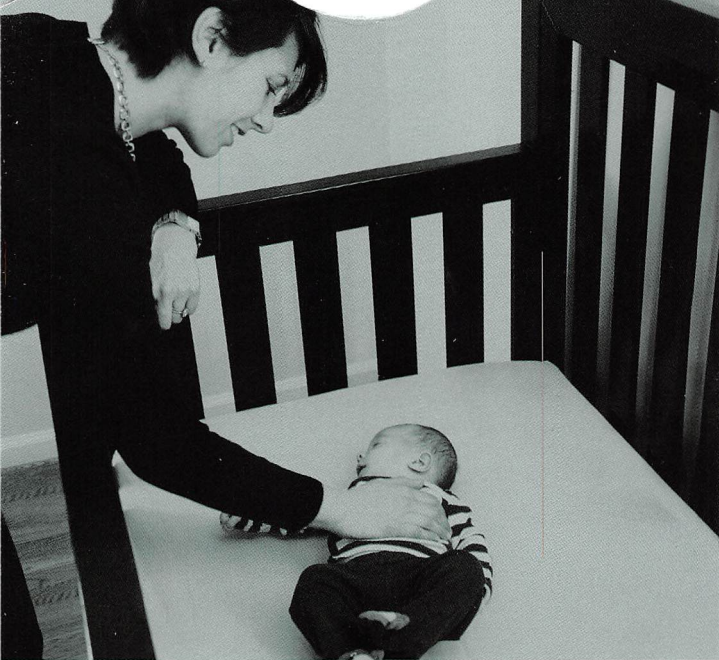
American Academy of Pediatrics

American College of Obstetricians and Gynecologists

First Candle

Association of SIDS and Infant Mortality Programs





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For more information about SIDS, contact the Safe to Sleep® campaign at 1-800-505-2742 (1-800-505-CRIB) or at <http://www.nichd.nih.gov/SIDS>.

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Reduce the Risk of SIDS and Other Sleep-Related Causes of Infant Death

- Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
- Use a firm sleep surface, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death.
- Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area to reduce the risk of SIDS and other sleep-related causes of infant death.
- To reduce the risk of SIDS, women should:
 - Get regular health care during pregnancy, and
 - Not smoke, drink alcohol, or use illegal drugs during pregnancy or after the baby is born.
- To reduce the risk of SIDS, do not smoke during pregnancy, and do not smoke or allow smoking around your baby.
- Breastfeed your baby to reduce the risk of SIDS.
- Give your baby a dry pacifier that is not attached to a string for naps and at night to reduce the risk of SIDS.
- Do not let your baby get too hot during sleep.
- Follow health care provider guidance on your baby's vaccines and regular health checkups.
- Avoid products that claim to reduce the risk of SIDS and other sleep-related causes of infant death.
- Do not use home heart or breathing monitors to reduce the risk of SIDS.
- Give your baby plenty of Tummy Time when he or she is awake and when someone is watching.