



The risk of SIDS and other sleep related infant deaths can be **SIGNIFICANTLY** reduced by the following these Safe Sleep Steps.

- **ALWAYS** place babies on their **BACK TO SLEEP** for every nap and at night.
  - ~ When baby can roll over (both ways) they can sleep however they choose.
- Babies should **ALWAYS** sleep **ALONE IN A** safety approved **CRIB** with a **FIRM** mattress that is covered with a **SNUG FITTED** sheet for every nap & at nap.
  - ~ A safety approved **PLAYPEN** is an **ACCEPTABLE** substitute.
- **Room-sharing** is **RECOMMENDED**. **Bed-sharing** is **NOT RECOMMENDED**.
  - ~ **DO NOT** fall asleep with a baby on a couch or chair.
  - ~ **DO NOT** put baby to sleep on an adult bed or any soft surface.
- **Bumper Pads, Blankets, Pillows, Positioners, Wedges & Stuffed Toys** should **NOT** be in the baby's crib while they sleep.
  - ~ These items put babies at a **HIGH risk of suffocation**.
- A **HALO** Sleep Sack, a blanket sleeper or layers of clothing could be used **INSTEAD** of a blanket to keep baby warm.
- **DON'T SMOKE** while pregnant & do **NOT** expose babies to 2<sup>nd</sup> or 3<sup>rd</sup> hand smoke.
- Make sure baby **DOES NOT OVERHEAT!**
  - ~ **DON'T** overdress baby. Babies need **no more than 1** more layer than an adult is wearing.
  - ~ Keep the room temperature between 68-72 degrees.
  - ~ Make sure baby's **HEAD** remains **UNCOVERED** during sleep.
    - \* **NO HAT** is needed after baby is sent home from the hospital unless they are going out in the cold or wind.
  - ~ **Do NOT** cover baby with or wrap them in thick, fluffy blankets.
  - ~ If you take your baby out in the cold, don't forget to **UNCOVER, UNWRAP & UNZIP** them when you are indoors or in a warm car.
- Offer baby a **PACIFIER** that is **NOT** attached to a string for naps & at night to reduce the risk of **SIDS**.
- **BREASTFEEDING** is recommended because it provides the right amount of nutrients and boosts baby's immune system.
- Babies should **NOT** sleep in car seats outside of the car, because this posture can partially compress the chest wall & reduce airway size, resulting in lower oxygen levels.
- Babies need **TUMMY TIME** when they are **AWAKE** and someone can watch them. This will help their head, neck & shoulder muscles get stronger & prevent flat spots on their head.
- Regular well-baby check-ups & scheduled immuniza-

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