

# Breastfeeding & Safe Sleep

Both work together to lower your baby's risk of Sudden Infant Death Syndrome (SIDS)



## Breastfeeding

- Your milk gives nutrients to your baby and helps keep them happy and healthy. It is great for your health too!
- Formula fed babies are more at risk for SIDS.
- It is best to give only breastmilk for the first 6 months. Continuing to breastfeed to 12 months and beyond (with foods added at 6 months) extends the many great benefits.
- Giving your baby a pacifier can reduce the risk of SIDS, but you should wait to use a pacifier until you and your baby are comfortable with breastfeeding.



## Safe Sleep

- Always place your baby on his or her back for all sleep times - naps and night, until their 1st birthday.
- Place your baby in a crib, bassinet, portable crib, or play yard with a firm mattress and tight fitting sheet.
- Do not use pillows, blankets, soft toys, or crib bumpers anywhere in your baby's sleep area. Dress baby in a sleep sack or pajamas to match the temperature of the room.
- Do not smoke or let anyone smoke around your baby. This can increase the risk of SIDS.



## Share the room, not the bed

- Breastfeeding helps you bond with your baby. Being near your baby can help you learn signs for when baby is hungry and helps support breastfeeding.
- Room share—keep baby's safe sleep space in your room for at least 6 months.
- You can breastfeed baby in your own bed. When finished feeding, put your baby back into his or her own separate safe sleep space, within view and reach from where you sleep.