



Infant Safe Sleep

SIDS (Sudden Infant Death Syndrome) and accidental suffocation are the leading cause of death for infants between 1 month and 12 months of age, most commonly occurring among infants who are 1-4 months old. Often these deaths occur when a baby is in the care of someone other than a parent. Sharing this information with grandparents, babysitters, childcare providers and anyone who cares for your baby will help ensure everyone understands the importance of safe sleep.

You Can Reduce Your Baby's Risk of SIDS

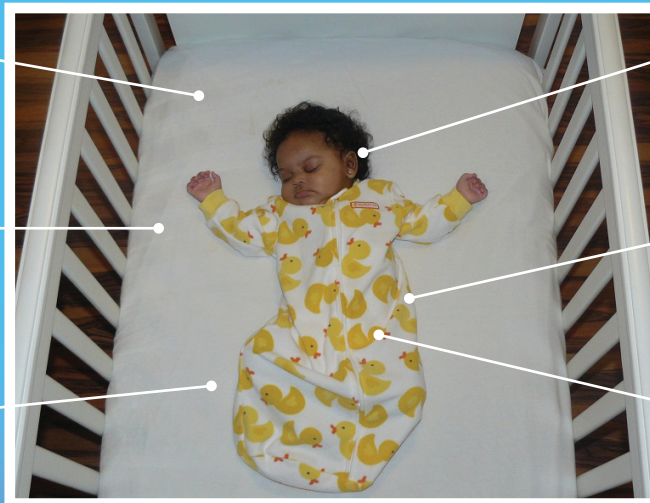
Follow the Safe Sleep Practices recommended by the American Academy of Pediatrics and create a safe sleep environment every time you put your baby to sleep:

- Remember the **ABCs of Safe Sleep**: Babies sleep safest **Alone**, on their **Backs**, in a **Crib**.
- The safest place for your baby to sleep is in the room where you sleep, but not in your bed. Placing the baby's crib or bassinet near your bed makes it easier to breastfeed and bond with your baby, but **ALWAYS** place the baby back to sleep in his or her own bed when you are done feeding.
- Never place babies to sleep on adult beds, chairs, sofas, waterbeds, pillows, cushions or soft surfaces, with you or by themselves.
- Do not let the baby get too hot. If you notice sweating, damp hair, flushed cheeks, heat rash or rapid breathing the baby is likely overdressed. Set the room temperature in a range that is comfortable for a lightly clothed adult.
- Consider using a pacifier at nap time and bed time. The pacifier should not have cords or clips that might be a strangulation risk.
- Breastfeeding is recommended to help to reduce the risk of SIDS.
- Place the crib in an area that is always smoke free.

Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.



Make sure nothing covers the baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in sleep clothing, such as a sleep sack, and do not use a blanket.

