

Rx

PATIENT NAME: _____

ADDRESS: _____

#ShareRoomNotBed

Prescription for Safe Sleep

DIRECTIONS: Follow these guidelines for every sleep for a healthy, well-rested family:



Routine is the key to good sleep habits.

Consistently putting your baby to sleep in the same place, using the same routine will lead to good sleep habits. It may take time, but sticking to the routine will be worth the effort!



Create a calming environment with low lights, reading and singing.



ALWAYS put babies on their back to sleep, in their own crib that is free from blankets, pillows, bumpers and stuffed animals for bedtime *and* naptime.



Your baby sleeps safest in the room where you sleep, but not in your bed. AAP recommends infants share their parents' rooms for at least the first six months and, optimally, for the first year of life.

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Ohio Chapter

**Safe Sleep
Initiatives**
ABCs OF SAFE SLEEP

