Safe Sleep Guidelines

The American Academy of Pediatrics recommends that baby’s sleep alone, on their back in a crib for naps and nighttime. What is SIDS? SIDS stands for Sudden Infant Death Syndrome. This term describes the sudden, unexplained death of an infant younger than 1 year of age. Some people call SIDS “crib death” because many of the babies who die from SIDS are found in the cribs, but CRIBS DO NOT CAUSE SIDS. Babies sleep safest on their backs so the easiest way to lower your baby’s risk of SIDS is to put your baby on their back for naps and nighttime.

Do’s of safe sleeping:

- Always place your baby on their back to sleep, for naps and at night. Place your baby on a firm surface such as on a safety-approved crib mattress, covered by a fitted sheet.
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- Keep your baby’s sleep area close to, but separate from where you and others sleep.
  - Your baby should not sleep in a bed or on a couch or armchair with adults or other children, but they can sleep in the same room as you.
- Provide “Tummy Time” when your baby is awake to help reduce the chance that a flat spot will develop on your baby’s head.
  - You can also change the direction that your baby lies in the crib from one week to the next to help prevent any flat spots from developing.
- Reducing the amount of time your baby spends in car seats, carriers, bouncers and swings will also help prevent flat spots from developing.

Do Not’s of safe sleep:

- Keep soft objects, toys and loose bedding out of your baby’s sleep area.
- Never place your baby to sleep on pillows, quilts, sheepskins or other soft surfaces. Do not allow smoking around your baby.
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- Do not let your baby overheat during sleep.
  - Dress your baby in light sleep clothing and keep the room at a temperature comfortable for an adult.
  - If you are swaddling or using a swaddling device the AAP recommends you closely monitor you baby for overheating when sleeping. Stop swaddling at 2 mth of age or when the baby starts rolling over, whatever comes first.
- Devices such as swings, car seats, bouncers, etcetera should not be used for sleeping.

Spread the Word!!

Make sure everyone who cares for your baby knows the Safe Sleep Guidelines.
Tell grandparents, babysitters, childcare providers and other caregivers to always place your baby on their back to sleep. Every sleep time matters!