

# Safe Sleep Guidelines



**ALONE**

**BACK**

**CRIB**

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 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 your 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!**