



## SAFE SLEEPING

FOR BABIES

Sudden Infant Death Syndrome (SIDS) is the third leading cause of death in babies less than one year old. Safe sleeping lowers the risk of SIDS and suffocation.

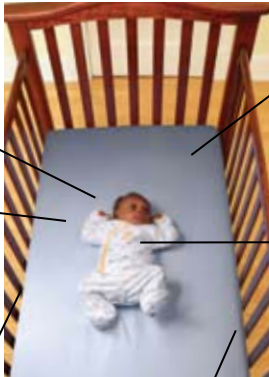
Know how to give your baby a safe place to sleep and nap. Here are some tips:

Don't allow smoking around your baby.

Always put your baby on his or her back to sleep or nap.

Use a firm mattress covered by a well-fitting crib sheet.

A 12-ounce soda can should not fit between the crib rails.



Don't put fluffy, loose bedding, soft toys or plastic bags in the baby's crib.\*

Always put your baby to sleep alone.

The mattress should fit tightly into the crib frame.

\* Bumpers aren't needed, but if used, they should be thin, firm and securely attached to the rails.

**HAVE A HEALTHY BABY.**

## MORE TIPS FOR SAFE SLEEP

**Back to Sleep.** Sleeping on the back is the safest way. Tummy or side sleeping can be dangerous. Prevent flat spots on your baby's head by having tummy time when you are both together and awake.

**Don't smoke during pregnancy or let people smoke around your baby.** Smoking causes serious health problems for babies.

**Always put your baby to sleep alone in his or her own safe crib.** Do not let your baby sleep with you or other people on a bed, sofa or other place.

**Try using a clean pacifier when putting your baby to sleep.** If you are breastfeeding, wait until your baby is at least one month old. If your baby does not like a pacifier, do not force it.

**Don't let your baby get too hot.** Try a one-piece sleeper or a sleep sack. You can pull a blanket up to the baby's chest and tuck the edges under the mattress. Keep the room at a comfortable temperature.

**No special equipment or sleep positioners are needed to lower SIDS risk.** Heart and breathing monitors are not recommended for healthy babies.

