



**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.



Don't put fluffy, loose bedding, soft toys or crib bumper pads in the baby's crib.

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

Always put your baby to sleep alone.

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

The mattress should fit tightly into the crib frame.

**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. 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.

ANNE ARUNDEL COUNTY  
PREGNANCY & PARENTING

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HEALTHY BABY.**



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