

Safe Sleep for Your Baby

Safe sleep can help protect your baby from sudden infant death syndrome (also called SIDS) and other dangers, like choking and suffocation.

Steps for Safe Sleep

Babies sleep safest **A**lone, on their **B**ack, and in a **C**rib.

Alone

- Share the room – not the bed – with a baby.
- A baby should **only** sleep in an empty, safety-approved crib, bassinet or Pack 'n Play.
- A baby should never sleep with an adult, child or pet.

Back

- A baby should **always** sleep on his or her back.
- A baby will not choke while sleeping on his or her back.
- A baby can breathe easier while sleeping on his or her back.

Crib

- A baby should **only** sleep in an empty, safety-approved crib, bassinet or Pack 'n Play. No bumper pads, pillows, soft toys, stuffed animals or blankets. These items can suffocate or strangle a baby.
- Use only a firm mattress with a fitted sheet in the crib.
- A baby should not be overdressed for sleep. Sleep clothing should be lightweight. Fitted, right sized sleepers and sleep sacks are best.
- A baby should never sleep on a soft surface, such as a sofa, cushion, pillow, chair or adult bed.

Follow these steps for safe sleep every time, for every sleep. Tell others who care for your baby to do the same.



Other ways to help keep your baby safe while sleeping

- Do not let your baby get too hot. Keep room temperatures comfortable for an adult.
- Babies should get all recommended vaccinations (shots).
- No smoking near your baby, not at home or when driving.
- Breastfeed your baby. Babies fed breast milk are at lower risk for SIDS than are babies who were never fed breast milk. If you bring your baby to your bed for a feeding, place them back in their separate sleep area when you are done.

- Give your baby “tummy time” while awake and someone is watching. This helps prevent flat spots on your baby’s head, and helps head, neck and shoulder muscles get stronger.
- Think about using a pacifier at nap and bed time. If you are breastfeeding, wait to use a pacifier until breastfeeding is going well.