



How you put your baby to sleep is important. It can protect your baby from accidental suffocation, strangulation and Sudden Infant Death Syndrome (SIDS).

- SIDS means the sudden death of a baby under one year old.
- It usually happens during sleep.

Safe sleeping tips

- **Alone:** baby should not sleep with adults or other children. Do not put blankets, pillows, bumper pads, toys or stuffed animals in the crib.
- **Back:** always put baby to sleep on his back... every time, for all naps and at night.
- **Crib:** use a fitted sheet on a firm mattress in a crib, bassinet or play yard. Your baby should not sleep in an adult bed, a couch, chair, car seat or swing.
- Keep baby in your room, but not in your bed. Room share for at least the first 6 months, preferably the first year.
- You can use a clean, dry pacifier that is not attached to a string when you put your baby to sleep. Never force baby to take a pacifier. Don't put it back in his mouth if it falls out after he goes to sleep.
- If you are breastfeeding, wait at least a month before giving your baby a pacifier. This gives you time to get breastfeeding well established.

- Do not let your baby get too hot. Keep the room temperature comfortable for you and dress baby in a light sleeper or sleep sack. Do not use blankets, pillows or sheets.
- Breastfeed your baby to reduce the risk of SIDS.
- Do not use heart monitors or breathing monitors unless your health care provider has told you to.
- Do not let anyone smoke around your baby.
- Avoid products that claim to reduce the risk of SIDS.

Take care of yourself and baby

- Go to all of your health care appointments while you are pregnant.
- Do not smoke, drink alcohol or use drugs while you are pregnant or after your baby is born.
- Get all of your baby's vaccines and regular health care checkups.

Other tips

Tummy time

Place baby on his stomach when he is awake and you are there to watch him. Tummy time helps make baby's neck and shoulders strong. It also prevents flat spots on baby's head.



Rolling over

If a baby rolls over while asleep, you do not need to turn him back over. But always put him to sleep on his back.

Breastfeeding in bed

If you breastfeed your baby in bed, make sure you put him back in his own bed when you are done.

Share these tips with everyone who cares for your baby.