

SAFE SLEEP FOR YOUR



TO REDUCE THE RISK OF SUDDEN INFANT DEATH SYNDROME AND OTHER SLEEP-RELATED DEATHS SUCH AS ACCIDENTAL SUFFOCATION AND STRANGULATION IN BED, THE AMERICAN ACADEMY OF PEDIATRICS HAS ISSUED THESE GUIDELINES FOR INFANTS UNDER ONE YEAR OF AGE

SHARE YOUR ROOM WITH YOUR BABY



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Do not forget "Tummy Time" when the baby is awake and being watched. Tummy time helps your baby's muscles get stronger and helps prevent flat spots on the head. Avoiding excessive time in carriers and bouncers can also help.

QUESTIONS? Please contact :
The SIDS Center of New Jersey at (800) 545-7437

EDUCATIONAL MATERIAL? Please access:
www.nappss.org and www.nichd.nih.gov/sids

Top Ten Safe Sleep Recommendations

- Place babies to sleep on their backs.
- Do not let anyone smoke near the baby.
- Do not put soft objects such as pillows, quilts, bumpers, loose bedding or stuffed animals in the crib.
- The safest place for the baby to sleep is in a crib in your room and not in your bed. It is safest to avoid having your baby share a sleep surface with a parent, a caregiver or another infant or child.
- If you bring your baby into your bed to breastfeed, it is safest to put your baby back in a safety-approved** crib, bassinet or portable crib in your room and near your bed when you are finished.
- Babies should not sleep on a couch or chair alone, with you, or with anyone else.
- Use a firm mattress in a safety approved** crib and cover the mattress with a fitted sheet and nothing else.
- Offer a clean, dry pacifier at sleep time. If you breastfeed wait until one month of age before offering a pacifier.
- Do not let your baby overheat.
- Be sure that nothing covers the baby's face.

...and please remember:

- Breastfeeding reduces the risk of SIDS
- Keeping up with immunizations reduces the risk of SIDS
- Discuss these guidelines with your baby's health care provider
- For information about **crib safety: www.cpsc.gov or 1-800-638-2772

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This material is for infants from birth to 12 months and is based on the guidelines of the American Academy of Pediatrics Task Force on Sudden Infant Death Syndrome: SIDS and Other Sleep-Related Infant Deaths: Expansion of the Recommendations for a Safe Infant Sleep Environment, published in 2011 in Pediatrics. This is intended for full term and preterm infants, with rare exception. Discuss these guidelines with baby's healthcare provider.

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