

FACT SHEET: Infant Safe Sleep

In our community, far too many babies have tragically died when they accidentally became trapped by an adult or older sibling's body, bedcovers, or couch cushions. Use these tips* to keep your sleeping baby safe—every time.

- The safest place for a baby to sleep is in a crib with a firm mattress that fits tight, without any space between the mattress and the side of the crib.
- Place your baby on his or her back for sleep - **every** time!
- Always use a firm sleep surface- babies should never sleep on soft surfaces (such as sofas, arm chairs, or pillows), not even for a nap.
- Keep soft objects or loose bedding out of the crib. This means the crib should be free of pillows, wedges/positioners, loose sheets, blankets, toys, and bumper pads. Bumper pads may look nice, but they pose a risk to baby for suffocation, strangulation or entrapment.
- The baby should sleep in the same room as the parents, but **not** in the same bed.
- Car seats are not recommended for routine sleep.
- Don't smoke during pregnancy or after the baby is born. And don't let anyone else smoke around your baby.
- Don't let your baby get too warm; don't bundle the baby with lots of blankets. Dress your baby in a wearable light blanket sleeper at bedtime and keep the room temperature between 65-70 degrees.
- Don't ever fall asleep with your baby and don't let anyone else sleep with your baby (such as an older child). Not even one time. Always keep your baby safe.
- Make sure your baby has a safe place to sleep when visiting or traveling.
- Remember to tell your family, friends, and child care providers about these infant safe sleep tips. **Insist** that when they care for your baby, they follow these safe sleep tips so that your baby sleeps safe **every** time.

**Adapted from the American Academy of Pediatrics (AAP) Infant Sleep Safety & SIDS Risk Reduction*



***Give your baby some space.
Share the room.
Not the bed.***

For more information visit the
American Academy of Pediatrics at
www.aap.org and www.healthychildren.org
or call Healthy Families at

315.435.2000

www.onhealthyfamilies.com

