

Use this checklist to lower your baby's risk of Sudden Infant Death Syndrome (SIDS) and infant sleep related death

I MAKE SURE THAT MY BABY:

- Sleeps on his back at night and for every nap.
- Always sleeps alone in a crib or bassinet.
- Never sleeps on a bed or couch alone or with anyone else.
- Breastfeeds for as long as possible.
- Does not have pillows, quilts, sheepskins, bumper pads or stuffed toys in her crib.
- Lives in a smoke-free home and is kept away from people who are smoking and places where they smoke.
- Goes to all of his scheduled doctor visits and gets all recommended shots.
- Has a crib or bassinet with a firm mattress and fitted sheet.
- Sleeps in a room that does not get too hot.
- Wears no more than one layer of clothing more than I wear.
- Does not use products that claim to reduce the risk of SIDS.



No crib bumpers



Portable crib

Everyone who cares for your baby should follow these tips until your baby is at least one year old.



www.NCHealthyStart.org

www.MamaSana.org

