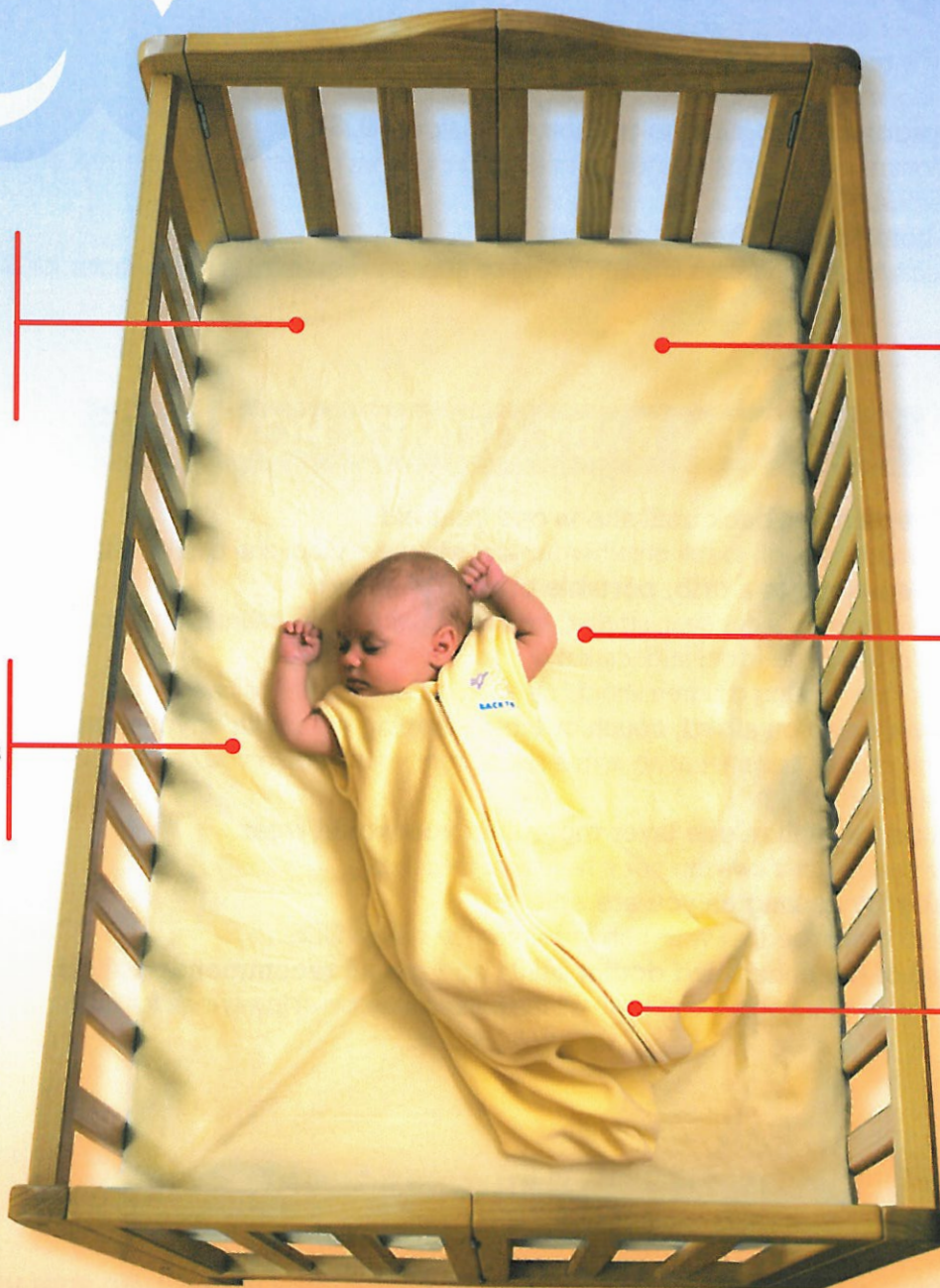


# Baby's Safe Sleep

Always put babies on their backs to sleep



Use a firm mattress with a tight-fitting sheet.

No bumper pads or loose blankets.

Remove toys, stuffed animals and pillows.

Keep face and head uncovered.

Prevent overheating, dress baby in layers.

Breastfeeding reduces the risk of SIDS.

Babies should always sleep alone and in a crib.

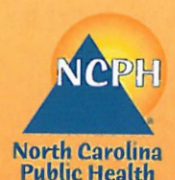
Keep cigarette smoke away from baby.



Take these steps to lower the risk of Sudden Infant Death Syndrome (SIDS) and Prevent Infant Sleep Related Deaths.

FOR MORE INFORMATION

[www.NCHealthyStart.org](http://www.NCHealthyStart.org) • [www.MamaSana.org](http://www.MamaSana.org)



# Tips to lower your baby's risk of Sudden infant Death Syndrome (SIDS) and infant sleep related death.

## PREPARING FOR BABY

### **Have a crib or bassinet with a firm mattress and fitted sheet.**

- ★ Use a firm mattress that is the correct size for your crib.

### **Keep pillows, quilts, comforters, sheepskins, bumper pads and stuffed toys out of the crib.**

- ★ These items can trap, suffocate or strangle your baby.
- ★ Keep items with a cord (baby monitors, mobiles, lamps) out of baby's reach.

### **Make sure the baby's room does not get too hot.**

- ★ A room that is too warm can put babies at a higher risk for SIDS.

### **Do not buy or use products that claim to reduce the risk of SIDS.**

- ★ Wedges, positioners, special mattresses or breathing monitors do not reduce the risk of SIDS and may be dangerous.

### **Keep your car and home smoke-free at all times.**

- ★ Smoking or breathing secondhand smoke during or after a pregnancy is a risk-factor for SIDS.

## WHEN BABY COMES HOME

### **Your baby should sleep on her back until she is one year old.**

- ★ If your baby is strong enough to roll onto her tummy when sleeping, she can be left that way.

### **Your baby should sleep alone in a crib, portable crib or bassinet.**

- ★ If your baby falls asleep in a car seat, stroller, swing, bouncy chair, infant sling or couch, move him to a crib as soon as possible, to avoid suffocation or choking.
- ★ Twins, triplets or other young children should sleep in separate cribs or bassinets.

### **Your baby should never sleep on a bed, couch or other sleeping area with anyone, including parents.**

- ★ Instead, keep the crib or bassinet at an arm's reach from your bed so you can be close to your baby and easily breastfeed.

### **Dress your baby in no more than one layer more than you would wear.**

- ★ Your baby may be too hot if sweating or if her chest feels hot.

### **Breastfeed your baby for as long as you are able to.**

- ★ Studies show that breastfeeding your baby reduces the risk of SIDS.

### **Take your baby to all of her scheduled doctor visits and get all recommended shots.**

- ★ New research shows that babies who have all their shots may be at lower risk for SIDS.

## FREQUENTLY ASKED QUESTIONS

### **Must I have a brand new crib for my baby?**

You do not need a new crib for each baby. You should have a crib that does not have a drop-side, is put together correctly, has not been recalled and is not broken. Check this site for current safety standards and more information:

[www.cpsc.gov/info/cribs/index.html](http://www.cpsc.gov/info/cribs/index.html)

### **Will my baby get a flat head sleeping on his back?**

If your baby spends a lot of time lying on his back, he may develop a small flat spot on the back of his head. A flat spot is common and will likely disappear soon after he starts to sit up.

*To avoid flat spots:*

- ★ Give your baby lots of supervised tummy time when awake.
- ★ Turn your baby's head to the side when sleeping.
- ★ Do not have your baby spend too much time in a car seat, bouncy chair or anywhere his head lays flat.

### **Won't my baby choke if she spits up when lying on her back?**

Your baby is not more likely to choke when on her back compared to being on her stomach. When a baby spits up she will swallow the spit-up or it will dribble out of her mouth. When a baby is lying on her back, the "food pipe" is below the "air pipe" so gravity helps keep the spit-up out of the air pipe and lungs.

### **What are the rules for infants sleeping in child care?**

North Carolina law states that anyone who cares for children under age one must be trained in infant safe sleep and must put babies to sleep on their backs. Licensed childcare homes and providers must have a written safe sleep policy signed by the parents.

