

# Safe Sleep For Your Baby

- ♥ Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
- ♥ Use a firm sleep surface, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death.
- ♥ Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- ♥ Keep soft objects, toys, and loose bedding out of your baby's sleep area to reduce the risk of SIDS and other sleep-related causes of infant death.
- ♥ To reduce the risk of SIDS, women should:
  - Get regular health care during pregnancy, and
  - Not drink alcohol, or use illegal drugs during pregnancy or after the baby is born.
- ♥ To reduce the risk of SIDS, do not smoke during pregnancy, and do not smoke or allow smoking around your baby.
- ♥ Breastfeed your baby to reduce the risk of SIDS.
- ♥ Offer a pacifier, not attached to a string, at nap and sleep time once breastfeeding is established.
- ♥ Do not let your baby get too hot during sleep.
- ♥ Follow health care provider guidance on your baby's vaccines and regular health checkups.
- ♥ Avoid products that claim to reduce the risk of SIDS and other sleep-related causes of infant death.
- ♥ Do not use home heart or breathing monitors to reduce the risk of SIDS.
- ♥ Give your baby plenty of Tummy Time when he or she is awake and when someone is watching.



## Remember Tummy Time!

Place babies on their stomachs when they are awake and when someone is watching. Tummy Time helps your baby's head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head.

[www.SafeSleep.Ohio.gov](http://www.SafeSleep.Ohio.gov)



### Alone.

Always put me in my crib alone. I shouldn't sleep in your bed or have anyone else in mine.



### Back.

Always put me on my back to sleep – at night or even when I'm just napping.



### Crib.

Always make sure the only thing on my firm mattress is a fitted sheet. No blankets. No stuffed animals.

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# What Does a Safe Sleep Environment Look Like?

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death

Use a firm sleep surface, such as a mattress in a safety-approved\* crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.

Do not smoke or let anyone smoke around your baby.



Make sure nothing covers the baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

\*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or [www.cpsc.gov](http://www.cpsc.gov).

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