

Safe Sleep: Reducing the Risk of Sudden Infant Death Syndrome (SIDS)



Since the early 1990s when parents were first advised to put their babies to sleep on their backs, the rate of SIDS has decreased dramatically. The following steps will help keep your baby safe when sleeping.

- Always put your baby to sleep on his or her back.
- Place your baby on a firm mattress, with a fitted crib sheet, in a crib that meets the Consumer Product Safety Commission safety standards.
- Keep the crib free from toys, stuffed animals, pillows, crib bumpers, blankets, positioning devices and extra bedding.
- Don't overdress your baby. If additional warmth is needed, use a one-piece blanket sleeper or sleep sack. Remove bibs and clothes with hoods or ties.
- Check on your baby periodically while asleep.
- The safest place for your baby to sleep at night is in a crib in the room where you sleep, *not* in your bed.
- Keep the bedroom well ventilated, at a temperature that is comfortable for a lightly clothed adult.
- Don't put your baby to sleep on an adult bed, couch, chair, cushion, pillow, or in a car seat, swing or bouncy chair.
- Don't allow smoking where your baby plays or sleeps.
- Breastfeed your baby.
- You may offer a pacifier, once breastfeeding is established.
- Visit your baby's doctor for regular check-ups and immunizations.
- Make supervised tummy time part of your baby's daily activity when awake.
- Make sure everyone who takes care of your baby follows safe sleep practices.



Reference

American Academy of Pediatrics, 2011, SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment. <http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284>