

SAFE SLEEP FOR YOUR BABY

REDUCE THE RISK OF SUDDEN INFANT DEATH SYNDROME AND OTHER SLEEP-RELATED DEATHS SUCH AS ACCIDENTAL SUFFOCATION AND STRANGULATION IN BED

DON'T USE SOFT OBJECTS, PILLOWS, QUILTS, BUMPERS, LOOSE BEDDING OR STUFFED ANIMALS IN THE CRIB OR UNDER THE BABY

BABIES SHOULD NOT SLEEP IN AN ADULT BED, ON A COUCH, OR ON A CHAIR ALONE, WITH YOU, OR WITH ANYONE ELSE

SHARE YOUR ROOM WITH YOUR BABY



PLACE YOUR BABY TO SLEEP ON HIS OR HER BACK

USE SLEEP CLOTHING SUCH AS A ONE-PIECE SLEEPER INSTEAD OF A BLANKET

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- DO NOT LET ANYONE SMOKE NEAR THE BABY.
- USE A FIRM MATTRESS IN A SAFETY APPROVED** CRIB, BASSINET OR PORTABLE CRIB. COVER THE MATTRESS WITH A FITTED SHEET AND NOTHING ELSE.
- SHARE YOUR ROOM WITH YOUR BABY BUT NOT YOUR BED. IF YOU BRING YOUR BABY INTO YOUR BED TO BREASTFEED, PUT YOUR BABY BACK IN HIS SEPARATE CRIB, BASSINET OR PORTABLE CRIB IN YOUR ROOM WHEN YOU ARE FINISHED.
- OFFER A CLEAN, DRY PACIFIER AT SLEEP TIME. IF YOU BREASTFEED WAIT UNTIL ONE MONTH OF AGE BEFORE OFFERING A PACIFIER.
- DO NOT LET YOUR BABY OVERHEAT DURING SLEEP.
- BE SURE THAT NOTHING COVERS THE BABY'S FACE.
- DISCUSS THESE GUIDELINES WITH YOUR BABY'S HEALTH CARE PROVIDER.

BREASTFEEDING REDUCES THE RISK OF SIDS

KEEPING UP WITH IMMUNIZATIONS REDUCES THE RISK OF SIDS

Do not forget "Tummy Time" when the baby is awake and being watched. Tummy time helps your baby's muscles get stronger and helps prevent flat spots on the head. Avoiding excessive time in carriers and bouncers can also help. For more information access our website: www.rwjms.rutgers.edu/sids



QUESTIONS? PLEASE CONTACT

The SIDS Center of New Jersey
800-545-7437

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This material is for infants from birth to 12 months and is based on the guidelines of the American Academy of Pediatrics Task Force on Sudden Infant Death Syndrome: SIDS and Other Sleep-Related Infant Deaths: Expansion of the Recommendations for a Safe Infant Sleep Environment, published in 2011 in Pediatrics. Safe infant sleep can reduce the risk of Sudden Infant Death Syndrome and other sleep-related deaths such as accidental suffocation and strangulation in bed. This is intended for full term and preterm infants, with rare exception. Discuss these guidelines with baby's healthcare provider. **See instructions about crib safety.