

ABC's of Safe Sleep

A B C – ALONE, BACK, CRIB *Every Time Baby Sleeps!*

A – ALONE

- ▶ Baby should always sleep alone – not with an adult, other children, a twin, or anyone else.
- ▶ Baby should sleep alone, in a safe crib or play yard, in the same room as the caregiver.

B – BACK

- ▶ Baby should always be put down to sleep on his/her BACK.
- ▶ The risk of SIDS is much higher when a baby sleeps on his/her tummy or side.
- ▶ The danger is MUCH greater when a baby who normally sleeps on his/her back is placed on tummy to sleep.
- ▶ Once baby is rolling over on his/her own during sleep, it is OK to let baby sleep that way.

C – CRIB

- ▶ Baby should sleep in a safe crib or play yard, with a snug mattress and tight-fitting sheet.
- ▶ There should be NOTHING in the crib with baby – no pillows, blankets, quilts, bumper pads, soft toys, stuffed animals, sheepskins, comforters, etc.
- ▶ Blankets should be replaced with an infant sleep sack or a one piece sleeper.
- ▶ Babies should not sleep on couches, adult beds, bean bags, air mattresses or soft mattresses.
- ▶ Babies should not be put to sleep in swings, recliners, infant seats, car seats, Rock and Plays, or other infant care products that are not a crib, bassinet, or play yard.

OTHER:

- ▶ There should be no smoking around infant or in infant's environment.
- ▶ Do not overheat baby – keep room temperature comfortable for lightly clothed adult.
- ▶ Offer pacifier at naptime and bedtime.
- ▶ Breastfeeding and immunizations provide protection also.
- ▶ Make sure everyone who cares for your baby knows about Safe Sleep!
(daycare, grandparents, babysitters)

