

The ABC's of Safe Sleep

One of the most important decisions you will make as a new parent is where your baby will sleep. Your baby should always sleep ALONE, on his/her BACK, and only in a CRIB.

A lone

- A crib is the safest place for your baby to sleep.
- Sharing your bed (falling asleep with your baby) is not safe. Infants sleeping in adult beds are more likely to suffocate than infants who sleep alone in cribs. Adults or siblings in the bed can accidentally roll too close to or onto your baby while they sleep. Also, falling asleep with your baby on a couch or chair is dangerous.
- Breastfeeding and bonding is very important to your baby's health. It is fine to nurse your baby in bed, but when it's time to go to sleep, place your baby in a separate, safe sleep space near your bed. This will make it easy to breastfeed your baby during the night and keep him/her safe while you both get some much-needed rest. Once breastfeeding patterns are established, consider using a pacifier for naps and bedtimes.

B ack

- Always place your baby on his or her back for sleep.
- Tummy time is important, but only when your baby is awake and supervised. This helps make his/her arm and neck muscles strong and prevents flat spots on the back of his/her head.

C rib

- Placing your baby in his/her own separate space (crib or bassinet by your bed) can reduce the risk of SIDS (Sudden Infant Death Syndrome).
- Your baby should sleep on a firm mattress covered with only a tight-fitting crib sheet. Soft bedding, such as pillows, blankets, quilts, padded mattress tops, bumpers/wedges/positioners greatly increase your baby's risk of SIDS and suffocation and should not be in the crib with your baby.
- These items can also cause your baby to overheat. Use a wearable blanket or other type sleeper, instead of blankets, to keep your baby warm and safe during sleep.
- Do not place any other items in the crib (toys, stuffed animals, pillows, etc.).



Children's Advocacy &
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SAFE SLEEP FOR YOUR BABY



I Sleep Safest

Alone
On my Back
In my Crib



I Sleep Safest

Alone, On My Back, In My Crib

**Baby sleeps
in crib
alone**

**No smoking
around baby**

**Do not overheat
or overdress**

**Nothing in
sleep area**

**Baby sleeps
on back**

**Firm mattress,
tight-fitting
sheet**

