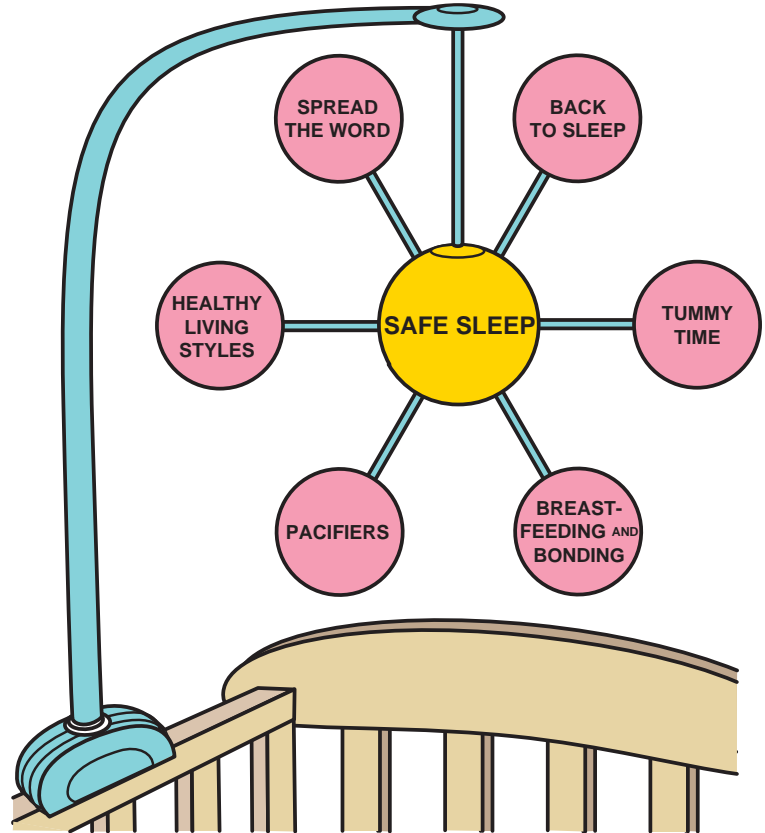


Sleep Safe, Grow Healthy

*Tips to keep your baby
safe from injury at night
and during naps*



Safe Sleep

The safest way for your baby to sleep is alone, on a firm mattress, in a safety-approved crib.

▶ **Keep pillows, quilts, heavy blankets, stuffed animals, bumpers and other soft objects out of the crib.**

SUGGEST:

- Consider using a sleep sack, warm pajamas, or a light blanket tucked into the foot of the crib.
- Don't use bumpers. They can suffocate your baby.
- Don't keep stuffed animals in the crib.

▶ **Don't share a bed with your baby.**

- An adult's arm weighs enough to crush and suffocate a newborn.
- Even a 30 pound one-year-old can crush and suffocate a newborn if they share the same bed.
- This is especially dangerous if an adult sleeping in the same bed has been drinking or taking medication that causes drowsiness.

SUGGEST:

- Use a crib, bassinet or portable crib or Pack 'n Play.
- Keep the crib close to your bed.

▶ **Don't let your baby sleep on a couch or chair.**

- Babies can get caught between sofa cushions and suffocate.

SUGGEST:

- Use a portable crib when visiting relatives and friends.

▶ **Use a safety approved crib and mattress.**

- Your baby's head can get caught between the crib's railings or between the mattress and the side of the crib.

SUGGEST:

- A safety-approved crib has all railings on the side, not too far apart from each other (a soda can can't fit through)
- The mattress should fit tightly in the crib. You can't fit more than two fingers between the mattress and the side of the crib.

Safe Sleep



The safest way for your baby to sleep is alone on a firm mattress in a crib.

Keep pillows, quilts, blankets, stuffed animals, bumpers and other objects out of the crib. Never place your baby to sleep on a sofa or sofa cushion couch, chair, stroller, foam pad, sheepskin or waterbed. Keep your baby's face uncovered.

Back to Sleep

Always put your baby to sleep on his or her back.

This position can help reduce the likelihood of SIDS—Sudden Infant Death Syndrome.

► **SIDS is the sudden and unexplained death of a baby under one year of age.**

It usually happens unexpectedly while the baby is sleeping, and the family is not responsible.

- Putting babies to sleep on their backs has contributed to this decrease.
- The side sleep position is not recommended. Babies can roll over on their stomachs, which increases the risk of SIDS.
- Premature infants also should sleep on their backs.

SUGGEST: • Babies should be placed to sleep on their backs, from the start.

► **Concerns and suggestions about putting your baby to sleep on his or her back:**

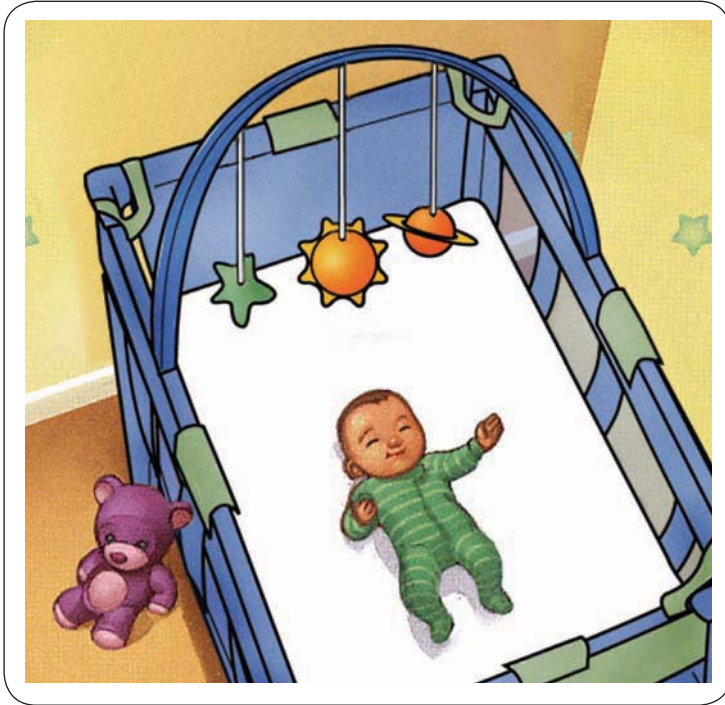
- Bald spots and flattened heads:
 - For most babies, this will go away after he or she learns to sit up on his or her own and hair grows back in.

SUGGEST: • Change the direction your baby sleeps every few days.
• Let your baby play on her stomach when she's awake.

- Choking if your baby spits up or vomits:
 - Babies naturally cough up fluid and turn their heads when sleeping on their backs. The fluid will trickle down the side of their face.
 - No babies in NYC have died due to choking while sleeping on their backs.

► **Don't use wedges or other devices to help your baby sleep on his or her back.**

Back to Sleep



The easiest way to keep babies safe while sleeping is to lay them down on their backs.

This position can help reduce the likelihood of SIDS.

Tummy Time

Place your baby on her stomach when she's awake.

This will help strengthen your baby's neck, back and arm muscles.

- ▶ Start "tummy time" right away.
- ▶ Place your baby on her stomach, two to three times a day, when she's awake and someone is watching.

SUGGEST: • Place a mat on the floor. Place your baby on his stomach on the mat when he's awake and someone is watching.

- ▶ "Tummy time" helps your baby practice lifting his head, which strengthens his upper body. Upper body strength is needed when your baby starts crawling.
- ▶ At about four months of age, your baby will have enough head control and neck strength to hold himself up.

SUGGEST: • Place a toy or book just out of your baby's reach during "tummy time," so she can try to pull up to touch it.
• Let your other children play nearby during your baby's "tummy time."

Tummy Time



Have your baby spend time on his or her tummy while awake.

This helps to make a baby's neck, back and arm muscles strong and will also help when the baby is learning to sit up and crawl.

Breastfeeding and Bonding

Breast milk is the best food for your baby. It will help you and your baby feel close.

- ▶ Put your baby to sleep in a safety-approved crib close to your bed.
This makes breast feeding easier. It also helps you bond with your baby.
- ▶ Put your baby to sleep on his or her back after nursing.

SUGGEST: • Ask a family member or friend to help you arrange your room so your baby's crib is close to your bed.

Breastfeeding and Bonding



Breast milk is the best food for your baby, and it can help you and your baby feel close.

At bedtime, having your baby sleep in a crib by the side of your bed makes feeding easier and helps you bond with your baby.

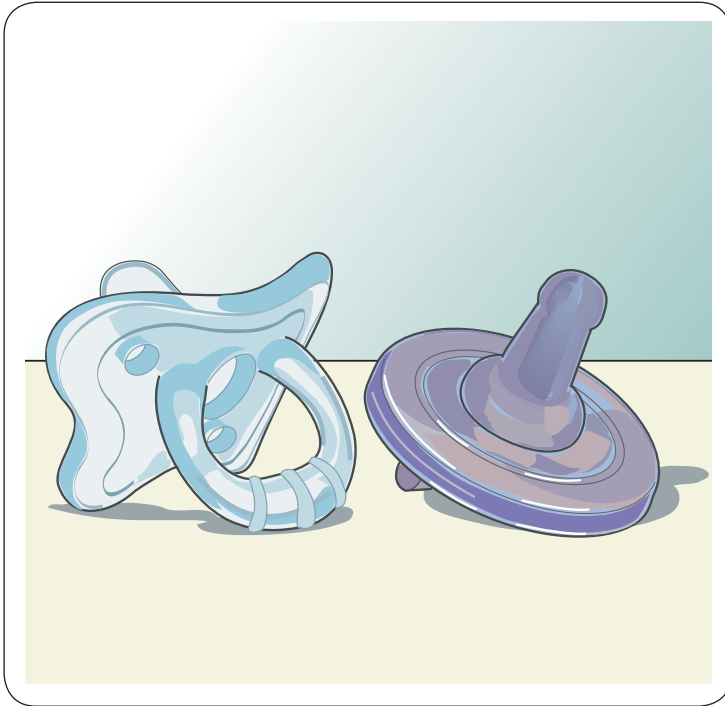
Pacifiers

Offer your baby a pacifier when placing him or her down for sleep. If you're breastfeeding, wait until your baby is one month of age before using one.

- ▶ In recent national studies, pacifier use has decreased the risk of SIDS by 61%.
 - Offer your baby a pacifier when placing him or her down for sleep.
 - Don't force your baby to take it.
 - Use a one-piece pacifier that's clean and dry.
 - If you're breastfeeding, wait until your baby is one month of age before using one.
 - Don't use a pacifier once your child is one year of age.

- SUGGEST:**
- Don't use a pacifier with a string.
 - Buy several safe pacifiers at a time. They won't get worn out as quickly.

Pacifiers



Use a pacifier when placing your baby on its back for sleep, but wait until the baby's first month to use a pacifier if you are breastfeeding your baby.

A one-piece pacifier is recommended. Be sure it is clean and dry. Never put sweet or sticky liquids on it. Babies should never be forced to take it.

Healthy Living for Baby and Family

Don't let anyone smoke, drink alcohol or use drugs around your baby.

- ▶ Don't let your baby share a bed with anyone who smokes, drinks alcohol or uses drugs.
 - Second-hand smoke raises the risk of SIDS and causes ear infections, asthma and many other health problems.
 - People who drink alcohol or use drugs may become drowsy. They may accidentally roll over on your baby.

Healthy Living for Baby and Family



Make sure no one smokes around your baby.

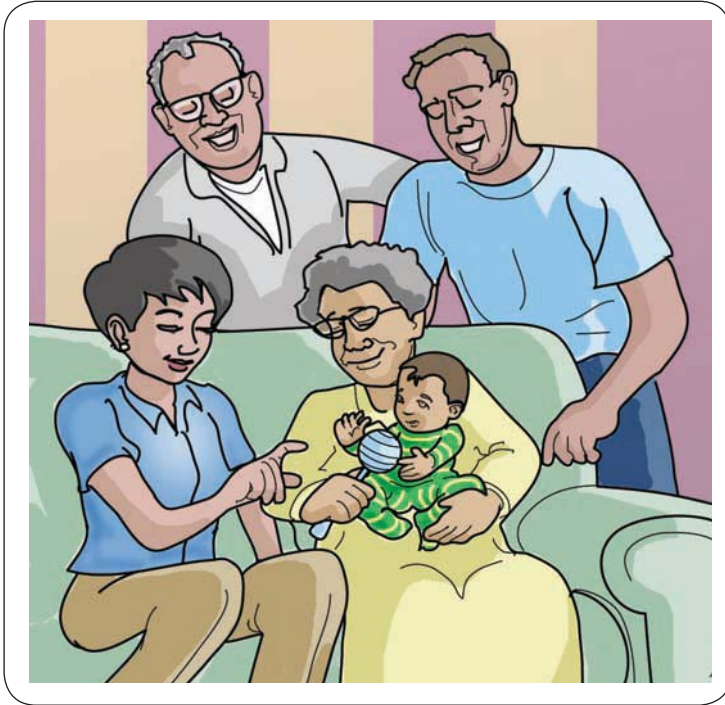
You also should never allow anyone who is drinking alcohol or is drowsy from medication to handle your baby because these substances reduce alertness and are not safe to take while caring for a baby.

Spread the Word

Share this information with everyone who takes care of your baby—
Grandparents, aunts, uncles, babysitters, friends.

- ▶ Make sure those who take care of your baby:
 - Always put your baby to sleep alone, on her back, in a safety-approved crib, with a firm mattress.
 - Don't smoke around your baby.
 - Place your baby on her stomach when she's awake and someone is watching.

Spread the Word



Share this information with everyone who takes care of your baby—grandparents, aunts, uncles, babysitters, friends—

and make sure everyone knows how to place a baby on its back for sleep, and about the dangers of soft bedding.

What's Wrong With This Picture?

- ▶ On stomach
- ▶ Stuffed animals
- ▶ Pillow
- ▶ Heavy blanket
- ▶ Mobile too low
- ▶ Slats too wide

What's wrong with this picture?



What's Wrong With This Picture?

- ▶ Not sleeping alone, on firm mattress
- ▶ Mother is tired and impaired from medicine/drugs
- ▶ Second-hand smoke

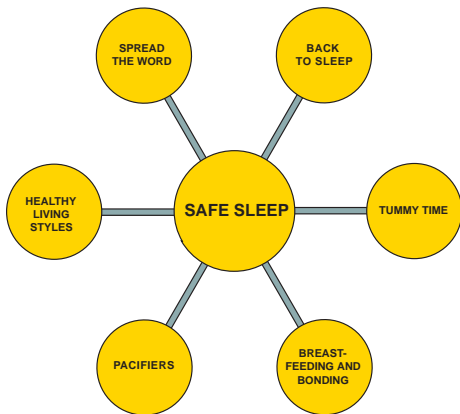
What's wrong with this picture?



Summing Up—What Have We Learned?

- ▶ Always put your baby to sleep alone, on his back, on a firm mattress, in a safety-approved crib.
- ▶ Place your baby on his or her stomach when he or she's awake and someone is watching.
- ▶ Breast milk is the best food for your baby. It will help you and your baby feel close.
- ▶ Offer your baby a pacifier when placing her down for sleep. If you're breastfeeding, wait until your baby is one month of age before using one.
- ▶ Don't let anyone smoke around your baby.
- ▶ Share this information with everyone who takes care of your baby.

Summing Up: What have we learned?



SAFE SLEEP

Always put your baby to sleep alone, on his back, on a firm mattress, in a safety-approved crib.

BACK TO SLEEP

TUMMY TIME

Place your baby on his or her stomach when he or she is awake and someone is watching.

BREAST-FEEDING AND BONDING

Breast milk is the best food for your baby. It will help you and your baby feel close.

PACIFIERS

Offer your baby a pacifier when placing her down for sleep. If you're breastfeeding, wait until your baby is one month of age before using one.

HEALTHY LIVING STYLES

Don't let anyone smoke around your baby.

SPREAD THE WORD

Share this information with everyone who takes care of your baby.

