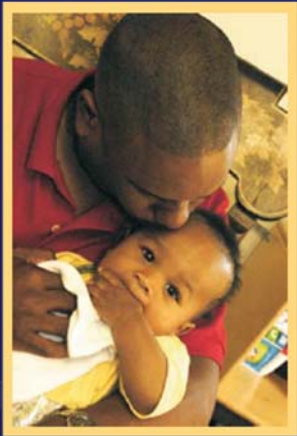


Why?

To reduce the risk of your baby dying from suffocation or Sudden Infant Death Syndrome.



Tell everyone who cares for your baby to follow these tips...

To reduce the risk of suffocation and SIDS...

Before and during pregnancy:

- Quit smoking
- Avoid drugs/alcohol
- See your health care provider early & regularly

Once your baby arrives:

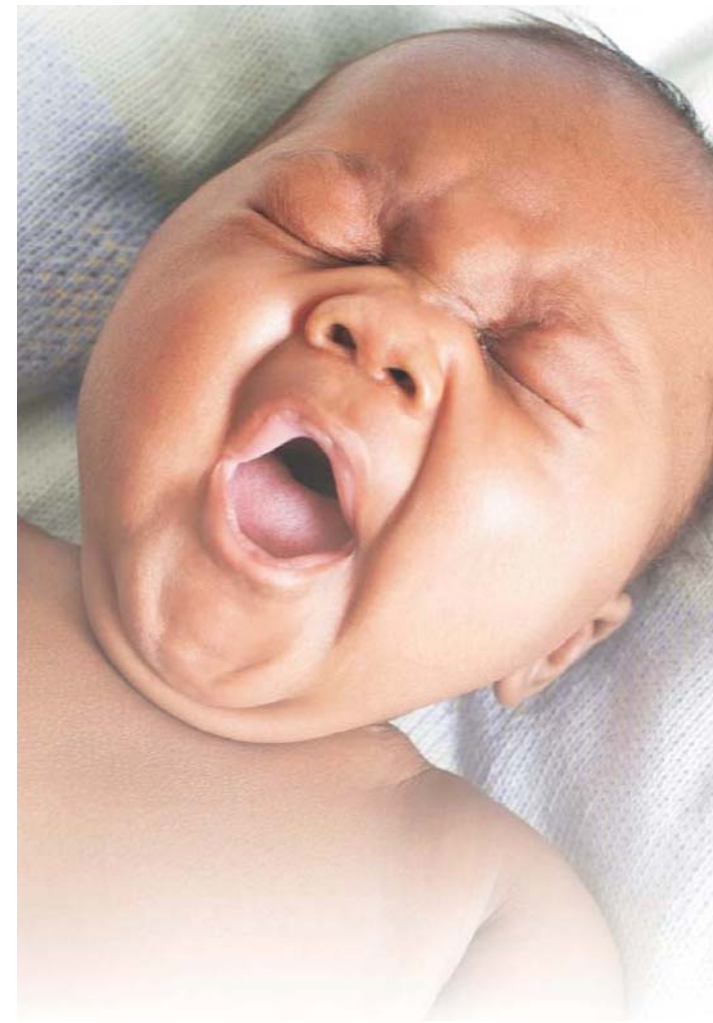
- Use a safe sleep place
- Breastfeed your baby
- Keep baby in a smoke free place
- See your healthcare provider if your baby is sick
- Talk to your healthcare provider about a safe sleep place for your baby
- Offer a pacifier at sleep time once breastfeeding is well established

Tummy Time:

- To help your baby's neck, arms and shoulders grow strong, put him on his stomach to play and for exercise when he is awake

Infant Safe Sleep Initiative

Adapted from Douglas County Health Department brochure



ALLEGHENY COUNTY HEALTH DEPARTMENT
Bruce W. Dixon, M.D., Director

For information about SIDS, call
SIDS of PA at (412) 322-5680.

NOTHIN' BUT BABY IN THE CRIB!

Safe Sleep Tips for Your Baby

Your baby should sleep on his back, near you, in a separate sleep area... use a safety approved crib.*



Nothing but your baby should be in the crib— no toys, pillows, loose bedding, bumper pads or wedges.

Adult beds, sofas, couches, chairs, water beds, soft mattresses, bean bags and pillows are unsafe sleep surfaces for your baby.

*Always lay your baby on his back to sleep. However, if your baby rolls over, it's okay to let him sleep that way.

Keep your baby from over-heating.

Use infant sleep clothing like a sleeper with feet or onesies rather than blankets.



If using a blanket, place baby with feet to the foot of the crib, tuck a thin blanket around the crib mattress, and cover baby only as high as his chest.



Breastfeed your baby.



When your baby falls asleep while feeding, place him in his own crib, near you.



Never allow any type of smoking around your baby.



Share this information with everyone who cares for your baby.