SAFE SLEEP FOR YOUR

TO REDUCE THE RISK OF SUDDEN INFANT DEATH SYNDROME AND OTHER SLEEP-RELATED DEATHS SUCH AS ACCIDENTAL SUCCOFICATION AND STRANGULATION IN BED, THE AMERICAN ACADEMY OF PEDIATRICS HAS ISSUED THESE GUIDELINES FOR INFANTS UNDER ONE YEAR OF AGE

SHARE YOUR ROOM WITH YOUR BABY

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.

QUESTIONS? Please contact:
The SIDS Center of New Jersey at (800) 545-7437

EDUCATIONAL MATERIAL? Please access:
www.nappss.org and www.nichd.nih.gov/sids

The SIDS Center of New Jersey is funded through a Health Service Grant from the NJ Department of Health to Rutgers Robert Wood Johnson Medical School and through a CJ Foundation grant to Hackensack University Medical Center.

Top Ten Safe Sleep Recommendations

- Place babies to sleep on their backs.
- Do not let anyone smoke near the baby.
- Do not put soft objects such as pillows, quilts, bumpers, loose bedding or stuffed animals in the crib.
- The safest place for the baby to sleep is in a crib in your room and not in your bed. It is safest to avoid having your baby share a sleep surface with a parent, a caregiver or another infant or child.
- If you bring your baby into your bed to breastfeed, it is safest to put your baby back in a safety-approved** crib, bassinet or portable crib in your room and near your bed when you are finished.
- Babies should not sleep on a couch or chair alone, with you, or with anyone else.
- Use a firm mattress in a safety approved** crib and cover the mattress with a fitted sheet and nothing else.
- 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.
- Be sure that nothing covers the baby’s face.

...and please remember:

- Breastfeeding reduces the risk of SIDS
- Keeping up with immunizations reduces the risk of SIDS
- Discuss these guidelines with your baby’s health care provider
- For information about **crib safety: www.cpsc.gov or 1-800-638-2772

Image courtesy of the Safe to Sleep® campaign, for educational purposes only: Eunice Kennedy Shriver National Institute of Child Health and Human Development, http://www.nichd.nih.gov/sids; Safe to Sleep® is a registered trademark of the U.S. DHHS.