

## Safe Sleep for Your Baby

### Protect Your Baby From Unsafe Sleep Deaths And Injuries

The American Academy of Pediatrics (AAP) guidelines for reducing the risk of Sudden Infant Death Syndrome (SIDS) recommend using a separate but close sleeping environment for babies. The AAP also notes that it is appropriate and in fact a protective factor against SIDS to keep the baby close to the mother's bed, but the baby should be placed in a separate crib or bassinet for their sleeping space.

#### **If you bring your baby to bed to nurse or comfort:**

- Make sure your bed has a firm mattress, with no heavy blankets, comforters or pillows that could cover your baby's face or make the baby hot
- Make sure that your mattress fits tightly against the headboard and the sides are at least two feet away from the wall

#### **To keep your baby safe, make sure that the caregivers in the home:**

- Place the baby back in bed immediately after nursing
- Does not drink alcohol prior to putting the baby to sleep
- Does not smoke
- Have not been drinking
- Do not place foreign objects in the infant's sleep space (such as loose blankets, pillows, stuffed animals, electronic monitoring devices, or toys)



#### **How should baby be placed for sleep?**

- Always place your baby on his or her back to sleep at all times, even for naps, unless baby's doctor tells you to do something different for the baby's health
- Placing baby on the side or stomach increases the chances of SIDS
- Tell everyone caring for your baby to place baby to sleep on the back at all times, even for naps

#### **Where is the safest place for baby to sleep?**

**Doctors agree that the safest place for baby to sleep is in your room in a separate sleep area.**

- Keep baby's bed right next to your bed so it is easy to put baby in the crib, portable crib, or bassinet after feeding



## How do I make baby's bed safe?

### Baby's bed should have:

- Railings that are no more than 2 3/8 inches apart (a soda can will not fit through railings)
- A firm mattress that fits snugly in the frame with a fitted sheet that is tight around the mattress

### Do not use:

- Bumper pads
- Quilts
- Comforters
- Duvets
- Blankets
- Stuffed animals
- Sheepskins

## How should baby be dressed for sleep?

- Do not overheat or overdress baby
- Make sure your baby's head and face remain uncovered during sleep
- Keep the room temperature comfortable for a lightly clothed adult (68° to 72°)
- Your baby should be in a one-piece sleeper with nothing over him
- If it is cold, layer the baby's clothing. For example, add a tee-shirt and socks under his or her sleeper.

## What else can I do to keep my baby safe?

Do not smoke or allow anyone else to smoke in the house, car, or anywhere your baby will be. Secondhand smoke increases baby's risk of SIDS.

To keep baby from being smothered, make sure baby does not sleep in an adult bed, futon, sofa, chair, car seat, swing, bouncer or recliner because:

- Baby can roll out of your arms, become trapped and suffocate
- An adult, child, or pet can roll over on the baby accidentally
- Baby can get caught between the bed and the wall and smother
- Baby can smother next to or under a pillow, bumper pads, or bed covers

**Provide tummy time for play and exercise while baby is awake and being watched.**

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Maternal and Child Health Service -  
Oklahoma State Department of Health  
1000 Northeast Tenth Street, Oklahoma City, OK 73117-1299  
Phone 405-271-4480 Fax 405-271-2994



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