

The American Academy of Pediatrics (AAP) guidelines for reducing the risk of SIDS recommends using a separate but close sleeping environment for babies.

The AAP also notes that it is appropriate to take the baby to bed for nursing, comforting, and bonding but recommends that the baby be returned to a separate crib or bassinet when the mother is ready to sleep.

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 baby hot.
- Make sure that your mattress fits tightly against the headboard and is at least two feet away from the wall.
- To keep your baby safe, make sure no one in the bed:
 - Is very tired or a heavy sleeper.
 - Is extremely overweight.
 - Smokes.
 - Has been drinking.
 - Has taken medications (illegal, prescribed, or over-the-counter) that could make them sleepy.



Photos used courtesy of National Institute of Child Health and Human Development.



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Safe Sleep for Your Baby



Protect your baby from unsafe sleep deaths and injuries.

Safe Sleep for Your Baby

How should baby be placed for sleep?



Always place your baby on the 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 Sudden Infant Death Syndrome (SIDS).
- Tell everyone caring for your baby to place baby to sleep on the back at all times, even for naps.

Where is it safest 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 bassinette after feeding.

How do I make baby's bed safe?

- Railings that are no more than $2\frac{3}{8}$ inches apart (a soda can will not fit through them).
- 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, or sheepskins. They are dangerous and can result in suffocation or strangulation.

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's cold, layer the baby's clothing (for example, add a tee-shirt and socks under a sleeper) and use only a light blanket, if necessary.

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! (Second-hand smoke increases baby's risk of SIDS.)

Consider giving a pacifier at nap time and bedtime to lower the risk of SIDS. For breastfed babies, wait until baby is 1 month old before using a pacifier.

To keep baby from being smothered, make sure baby does not sleep in an adult bed, futon, sofa, chair 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 without meaning to.
- Baby can get caught between the bed and the wall and smother.
- Baby can smother next to or under a pillow or bed covers.



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