



SAFE TO SLEEP

Safe Sleep Practices

- Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS
- Use a firm sleep surface such as a mattress in a safety – approved crib, covered by a fitted sheet, to reduce the risk of SIDS and other sleep – related causes of infant death
- Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket
- Make sure nothing covers the baby's head
- Do not use pillows, blankets, sheepskins, or bumpers anywhere in your baby's sleep area
- Keep soft objects, toys, and loose bedding out of your baby's sleep area
- Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

References

Massachusetts DPH
Eunice Kennedy Shriver NICHD



To Reduce The Risk Of SIDS Women Should

- Get regular health care during pregnancy
- No smoking, no alcohol, or use of illegal drugs during pregnancy and after the baby is born
- Breast feed your baby to reduce the risk of SIDS
- Give your baby a dry pacifier that is not attached to a string for naps and night to reduce the risk of SIDS (pacifier use is recommended after breast feeding is established)
- Do not let your baby get too hot during sleep
- Follow health care providers guidance on your babies vaccines and regular health checkups.
- Do NOT use home heart or breathing monitors to reduce the risk of SIDS
- Give your baby plenty of Tummy Time when he or she is awake and when someone is watching