



# Safe Sleep

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## What is safe sleep?

- Always put your baby to sleep on his or her back - never on the stomach!
- Your baby needs to sleep alone in his or her own crib or bassinet.
  - Do not allow other children, adults or pets to share a bed you're your baby.
  - Do not put your baby to sleep on the couch or in a portable swing, bouncy seat, or nursing pillow.
- Use a firm mattress with a tight-fitting sheet. Do not use loose blankets or soft bedding. If you swaddle your baby in a blanket, make sure the swaddle is not loose.
- Babies can overheat easily. Do not dress your baby in too many layers.
- Do not put any objects in the bed with your baby, such as bumper pads, blankets, stuffed animals, or pillows.
- Make sure your baby's face is uncovered.
- Do not smoke around your baby.



## Why is safe sleep important?

- Babies do not have the strength to move their head away if something (such as a stuffed animal or blanket) gets in their face.
- Many newborns and infants (up to one year of age) have died of **Sudden Infant Death Syndrome (SIDS)**, which is often related to unsafe sleeping conditions.
- SIDS is preventable with safe sleep habits.

## What about tummy time?

- There are some times when it is good for your baby to be on his or her stomach. You may have heard about “tummy time.” This is part of normal development of your baby.
- Encourage frequent tummy time when your baby is awake and supervised.



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