

Safe sleep tip sheet



Ready, Set,
Sleep!

Your baby spends 14 to 17 hours a day sleeping. Make those important hours the safest they can be by following guidelines from the American Academy of Pediatrics.

Start with position

- Always place your baby on his back to sleep, whether at nap time or bedtime. Remember: Back Sleep Every Time.
- Side sleep is not recommended, as it may allow your baby to roll onto her tummy.
- Daily, awake tummy time is an important part of healthy development. It increases neck and upper body strength and decreases the likelihood of flat spots on the head. Don't allow your baby to fall asleep on his tummy, though, and make sure someone is watching anytime he's on his tummy.

Take a look around

- Your baby should always be on a firm sleep surface. Car seats and other sitting devices are not recommended for routine sleep. Wedges, positioners, special mattresses or sleep surfaces may pose a suffocation threat.
- Keep soft objects and loose bedding out of the crib. This includes stuffed animals, pillows, toys, blankets and bumper pads.
- Your baby should sleep in the same room as you, but never in the same bed. This allows for easy monitoring and breastfeeding, while avoiding the dangers of strangulation and suffocation.
- Make sure the room you and your baby sleep in is always smoke-free.
- Offer a pacifier at nap time and bedtime. Select one that does not have cords or clips.
- Avoid covering your baby's head or overheating. Sleepers, sleep sacks and wearable blankets are safer alternatives to loose sheets and blankets.
- Do not use home monitors or commercial devices marketed to reduce the risk of Sudden Infant Death Syndrome (SIDS), as they are not proven effective and may increase the chance of suffocation.



What you do affects your baby, too!



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THE PLAYERS
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- Take advantage of regular prenatal care during your pregnancy.
- Schedule and follow up with regular well child visits to your doctor after birth and stay up to date with all recommended immunizations. Studies suggest that immunizations may have a protective effect against SIDS.
- Don't smoke, drink alcohol, or use drugs during pregnancy or after birth, and keep yourself and your baby away from smokers and places where people smoke.
- Breastfeed as much as you can for as long as you can. Breastfeeding can reduce the risk of SIDS.
- Be careful about what you see. Studies have shown that media often use images of sleep positions and practices that are unsafe for babies.

Spread the news! Protect your baby when you're not around by sharing this information with everyone who cares for your baby, including family, friends, child care providers and other caregivers.

You can find more information about Ready, Set, Sleep! program by going to www.wolfsonchildrens.com/readysleep.



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