



### Safe Sleeping

When you keep me safe, I feel more confident.



#### Figuring It Out Together

Here are some ways to help you keep your young infant safe during nap and bedtime.



#### Safety Alert: Sudden Infant Death Syndrome (SIDS)

SIDS is the sudden, unexplained death of a baby younger than 1 year—usually during sleep time. There are no warning signs or known causes. The risk is highest for babies from 2-4 months and then declines. Most SIDS deaths happen in the first 6 months.

Here are some steps you can take to reduce the possibility of SIDS:



Place baby on her back to sleep and tell grandparents, babysitters, and child care providers to do the same. Sleeping on her stomach or side may make it harder to breathe. By the time she is able to roll over, SIDS is not such a concern.



Share a room—but not a bed—with your baby. The American Academy of Pediatrics recommends that baby sleeps in her own crib or bassinet. Why? Your sheets, pillows, blankets, and even your body, if you roll over on her, can block her breathing. Put her crib next to your bed for comforting or breastfeeding. Then put her back when you are ready to sleep.



Lay her on her back to sleep on a firm mattress or surface with a fitted sheet. Remove all blankets, toys, pillows, and crib bumpers.



Avoid overheating. Let baby sleep in light comfy clothes in a temperature you find comfortable. If you think she may be cold, dress her in a onesie or a sleep sack rather than a blanket. It won't bunch up near her face and block her breathing.



Stop smoking around your baby. Don't let anyone light up around her or even wear smoky clothes around her. Secondhand smoke increases the chances of SIDS.



If you are breastfeeding, keep it up as long as you can. Some experts think breast milk might protect baby from infections that could raise the risk of SIDS.



Immunize your baby. Research shows that following the immunization recommendations of the American Academy of Pediatrics (AAP) and the Center for Disease Control (CDC) leads to a 50% reduced risk of SIDS as compared to babies who haven't gotten all their shots.



Consider giving her a pacifier to fall asleep.



## Pacifier Tips

Here are some tips when you are using a pacifier to help your baby fall asleep:



### **Breastfeeding?**

Wait until you and baby have your routine down (at least 1 month) before using a pacifier to avoid *nipple confusion* - that is, you don't want your baby to prefer the pacifier nipple over yours.



### **Don't force it.**

If baby doesn't want the pacifier, forget it this time.



If it falls out when she falls asleep, don't put it back into her mouth.



### **Keep the pacifier clean.**

Buy a new one if the nipple is damaged.



**Never coat the pacifier with alcohol or honey or any other substance.**



**IMPORTANT:** No honey for your honey – until she is at least 1 year old. Honey can lead to botulism bacteria that may be linked to SIDS.