

***It is NOT safe***

to put anything in your baby's bed,  
such as sheepskins, stuffed animals, baby positioners,  
crib wedges or bumper pads.

***It is NOT safe***

to smoke around your baby  
or in a room where your baby spends time.

***It is NOT safe***

to let your baby sleep on an adult bed,  
air mattress, beanbag, reclining chair, sofa,  
waterbed, or on any furniture not made for babies.

**Sleeping with your baby is dangerous.**

Even if your baby is breastfed and you don't smoke,  
drink alcohol or use drugs or other medications,  
sleeping with your baby still increases your baby's risk  
of suffocation or strangulation while sleeping. The only way  
to protect your baby from higher risk is to have  
your baby sleep in a crib.

Visit [www.ounce.org/safe\\_sleep](http://www.ounce.org/safe_sleep)

for more information and tips on helping babies  
fall asleep and stay asleep in their own safe space.



**SAFE SLEEP  
FOR YOUR BABY**





## Helping You Reduce the Risk of SIDS and Suffocation

### *Sudden Infant Death Syndrome (SIDS)*

is the sudden and unexplained death of a baby less than one year old. This is very scary for parents, but there are simple things you can do to lower the risk of infant death. Some parents believe sleeping with their baby will protect the baby from SIDS, **but sleeping with a baby is dangerous and actually raises the risk of infant death.**

### *Important Information*

Consider these facts before you decide where your baby will sleep:

- Suffocation and strangulation in an adult bed is the leading cause of injury-related death for infants under one year of age in the state of Florida.
- The risk of sleeping-related infant death is 40 times higher for babies who sleep in adult beds compared to babies who sleep in their own cribs.

*“The safest place for an infant to sleep is alone in a crib, in the parents’ room, for the first six months of life.”* —THE AMERICAN ACADEMY OF PEDIATRICS

### *Keep Your Baby Safe During Sleep*

To lower the risk of SIDS and suffocation and keep your baby safe while he or she sleeps, it is important to:

- Make sure baby’s crib, bassinet, cradle, or side-car bed is undamaged and meets current Consumer Products Safety Commission standards ([www.cpsc.gov](http://www.cpsc.gov)).
- **Put baby’s crib, cradle or bassinet close to parent or caregiver’s bed for the first six months.**
- **Place your baby face up to sleep, sleeping on the stomach or side increases the risk of suffocation.**
- Tell everyone who takes care of your baby about how to keep your baby safe during sleep.
- Make sure the baby’s mattress is firm and fits snugly in its frame.
- Make sure the baby’s sheet fits tightly around the mattress.
- Keep the baby’s sleeping area away from all loose strings (i.e. blind cords, electrical cords and clothing)
- Offer your baby a pacifier (never a bottle) when placing your baby down to sleep. The pacifier should not be put back into the baby’s mouth if it is spit out during sleep. If the baby does not want the pacifier, do not force it and never do anything to hold it in place. If breastfeeding, do not use a pacifier until the baby is one month old.
- Respond to your baby’s cries during the night.
- Keep the room temperature of your baby’s sleeping area comfortable for a lightly clothed adult to keep baby from getting overheated.
- Use a blanket only if needed. Place your baby near the foot of the crib; place a thin blanket over the baby below the baby’s chest; then tuck the blanket around the sides and bottom of the mattress to keep your baby from pulling the blanket over his or her head.
- Always hold the bottle when feeding your baby, since propping a bottle can cause the baby to choke and possibly die.
- Hang baby’s mobile out of baby’s reach and remove it once baby learns to sit up.
- Lower the baby’s mattress when your baby learns to sit, and again when they learn to stand to prevent baby from falling out of the crib.