

Safe Sleep for Your



Reduce the Risk of Sudden Infant Death Syndrome (SIDS)

Make sure everyone who cares for your baby knows the Safe Sleep Information!

The American Academy of Pediatrics describes how to keep babies safe while they sleep. Please:

- 1. Put your baby to sleep on his or her back for naps and at night. The back position is safest, and every sleep time counts! Placing your baby on his or her back for sleep is the number one way to reduce the risk of SIDS! (There has been no increase in choking or any other problems for babies who sleep on their backs.)**
- 2. Place your baby on a firm sleep surface, such as on a safety-approved crib mattress, covered by a fitted sheet. Never place your baby to sleep on pillows, quilts, sheepskins, or other soft surface.**
- 3. Keep soft objects, toys, and loose bedding out of your baby's sleep area. Don't use pillows, blankets, quilts, sheepskins or pillow-like crib bumpers in your baby's sleep area, and keep all items away from your baby's face.**
- 4. Do not allow smoking around your baby. Please don't smoke before or after your baby's birth; don't let others smoke around your baby.**
- 5. Keep your baby's sleep area close to but separate from where you and others sleep. Your baby should not sleep in a bed or on a couch or armchair with adults or other children, but he or she can sleep in the same room as you. If you do bring your baby into bed with you to breastfeed, put him or her back in a separate sleep area, such as a bassinet or crib when finished.**
- 6. Think about using a clean, dry pacifier when placing your infant down to sleep, but don't force the baby to take it or reinsert it once the baby falls asleep. If you are breastfeeding, wait until your baby is 1 month old or is used to breastfeeding before using it.**
- 7. Do not let your baby overheat during sleep. Dress your baby in light sleeping clothing, and keep the room at a temperature that is comfortable for an adult.**
- 8. Avoid products that claim to reduce the risk of SIDS because most have not been tested for effectiveness or safety.**
- 9. Reduce the chance that flat spots will develop on your baby's head. Provide "Tummy Time" when your baby is awake and someone is watching; avoid too much time in car seats, carriers and bouncers.**

To obtain more information, call the SIDS Center of NJ at 800-545-7437 or 800-704-7437.
The SIDS Center of New Jersey is based at UMDNJ-Robert Wood Johnson Medical School, New Brunswick, NJ
and The Joseph M. Sanzari Children's Hospital at Hackensack University Medical Center, Hackensack, NJ.
The Back to Sleep Campaign electronic page: <http://www.nichd.nih.gov/SIDS>