

Safe Sleeping for Your Baby

When you put your baby down to sleep, here are four important things to think about...

How Should I Position My Baby for Sleep?

◆ BACK TO

SLEEP:

Always place your baby on her/his back to sleep (unless you are instructed not to for other health reasons by your baby's doctor).

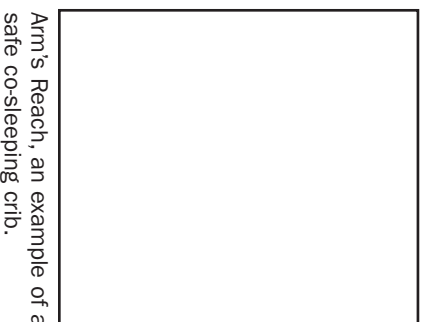


- ◆ **Avoid putting your baby on his/her side or stomach** because this increases the risk of Sudden Infant Death Syndrome (SIDS).
- ◆ **The use of special devices** such as wedges and cushions when positioning your baby is **NOT** recommended.
- ◆ **Remember to put your baby on her/his tummy** (“tummy time”) while awake and supervised.

Where Will My Baby Sleep?

◆ Experts

agree that the safest place for your baby to sleep is in your room within arm's reach.



- ◆ **You may also choose to put the baby's crib in her/his room.**
- ◆ Sometimes mothers who breastfeed fall asleep with their baby in their bed. Some parents will choose to sleep with their baby in bed with them. Experts do not agree on the potential benefits of sharing a bed with your baby. Experts do agree, however, that there are many factors that can make sharing a bed with your baby unsafe (see “How Do I Avoid Especially Dangerous Situations?”).

How Can I Make My Baby's Bed Safe?

Your baby's bed should have:

- ◆ Railings that are no more than $2\frac{3}{8}$ inches apart (you can't fit a soda can through them).
- ◆ A firm mattress that fits snugly in the frame;
- ◆ A fitted sheet that is tight around the mattress;
- ◆ No heavy blankets, quilts, duvets, stuffed animals, bumper pads, sheepskins, etc.

Also, keep in mind:

- ◆ Make sure your baby's head and face remain uncovered during sleep.
- ◆ Do not let your baby get overheated.
- ◆ Keep the room temperature comfortable for a lightly clothed adult.
- ◆ Your baby should be in a one-piece sleeper with nothing over her/him.
- ◆ If it's cold, layer the baby's clothing (for example, add a tee-shirt and socks under their sleeper) and use only a light receiving blanket, if necessary.

Never smoke or allow anyone else to smoke in the car, house or anywhere else your baby will be!

How Do I Avoid Especially Dangerous Situations?

- ◆ Your baby should never sleep on a waterbed, recliner, futon or sofa—with or without you. It is too easy for the baby to slip into a crack and suffocate.
 - ◆ Your baby should never sleep in a bed with other children who can accidentally roll over on the baby while both are sleeping.
 - ◆ Your baby should never sleep alone on an adult bed, since she/he can fall off or become trapped between the bed and the wall, frame or anything else you use to keep the baby from falling out of the bed.
- These are all high-risk situations for suffocation.**

What Do Experts Say About Sharing a Bed with my Baby?

Experts agree that under certain conditions sleeping with your baby can be unsafe, but if you consider it, please remember:

- ◆ Your baby should sleep:
 - On his/her back
 - On a firm mattress
 - With no heavy blankets, comforters or pillows that could cover her/his face or make them too hot.
- On a mattress that fits tightly against the headboard and at least two feet away from the wall because a baby can slip between the wall and bed and suffocate.
- ◆ Your baby should not be in the same bed with a sleeping adult who:
 - Is excessively tired or overweight
 - Is a smoker
 - Has used alcohol, drugs, or prescription or over-the-counter medications that cause drowsiness.

Remember, parents and babies should be close, but adult beds were not made with infant safety in mind.

Safe Sleep Committee

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SIDS & Infant Loss Support

Ph: 317.818.9486

Indiana Family Helpline

Ph: 1.800.433.0746

Assistance in locating services before, during, or after pregnancy. Available to providers and to the public.



An alliance of hundreds of individuals and organizations across Indiana who are committed to the belief that every baby in our state should be born healthy and into a safe and nurturing home.



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