

- After feeding and burping your baby, put the baby back in his crib or bassinet, not your bed. Adult beds are NOT safe places for babies to sleep. Consider an Armsreach Co-Sleeper www.armsreach.com



Armsreach Co-sleeper

- Babies must never sleep on couches, chairs, recliners, waterbeds, pillows, cushions, sheepskins, quilts or any bed with another adult or child.
- Make sure baby is not too warm. Room temperatures should be about 70 degrees and baby should not be overdressed.
- Try a one piece sleeper or wearable blanket instead of blankets. Some wearable blankets also have detachable swaddlers to help baby feel secure. Babies like the sense of

security that sleep sacks and swaddling provide.

- www.halosleep.com



HALO SleepSack

- Keep pillows, quilts comforters, sheepskins, soft bumper pads and all soft objects out of baby's crib.
- Do NOT use wedges or positioners. They have not been proven to be safe.
- Keep baby's head uncovered during sleep.
- If baby falls asleep in his car seat, put him in his crib when you come in the house
- No Smoking in baby's house!



Helping Baby to Sleep Safely



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- The American Academy of Pediatrics recommends that babies sleep on their backs, in their own safe cribs, with no soft bedding, so their mouths and noses are not blocked and so they can breathe fresh air and not overheat.
- About 4500 babies die every year in the United States of Sudden Infant Death Syndrome or from accidental suffocation in adult beds, couches, or other unsafe places to sleep.

Safe Sleep for Baby

- Adult beds and couches and chairs are NOT safe places for babies to sleep. They are too soft for babies, and may have crevices and openings where babies may become trapped.
- The safest way for your baby to sleep is on his back, alone in a crib.
- The baby's crib should have a firm mattress, closely fitted to the sides of the crib, and a tight-fitting sheet.
- Don't over-dress or over-bundle your baby. One light cover, tucked at the bottom and sides of the crib, is enough.
- Have no pillows, bumpers, or soft toys in crib.
- Never let your baby sleep in a bed or chair with someone who is smoking, tired, ill, or overweight.
- The baby's home should be smoke-free.
- Breastfeeding has important health benefits for babies; do it safely. When finished, return the baby to his crib.

- Make sure all care providers and grandparents and family members know about safe sleep

There is no evidence that babies will choke when sleeping on their backs. If you put baby to sleep on his back every time, starting immediately, he will get used to sleeping on his back.

How can I help my baby fall asleep?

- Keep bedtime and naptime schedules the same each day
- Babies sleep best after a feeding and or a bath. Hold the baby to feed him, don't give him a bottle or sippy cup in his crib
- Make sure his crib is away from loud noises. For about an hour before bedtime, keep things quiet for him so he can relax
- Try infant massage. Gently massage baby's arms, belly and legs to help him relax. Infant massage is a wonderful way to help you and baby relax and sleep better. To learn more about infant massage,

www.infantmassageusa.org

- Use a pacifier to help baby soothe himself. If you are breastfeeding, wait about a month till your breastfeeding is going well.
- Help baby settle down by singing a lullaby or playing soft music.
- Learn babies' cries—the baby may cry because he is hungry, or overly tired, or have a dirty diaper.

- Try walking or rocking the baby until he is almost asleep then put him in his crib.

The best place for baby to sleep is in his own crib or bassinet or playyard in mom's room, but NOT in an adult bed.

Babies in adult beds are in danger of suffocating if their heads become covered with blankets, or if they roll onto their tummies and get wedged next to an adult in the bed, or if a person in the bed rolls onto the baby, or if an adult's arm or leg goes on top of the baby while sleeping.

DANGER! This baby may be smothered by the weight of Dad's arm!



If the baby wakes during the night, go to him for a moment and help calm him so he can fall asleep again. Babies do not usually sleep through the night until they weigh at least 10 pounds.