

Baby Safety Begins with You

# Back to Sleep



- Always place your baby on his or her back to sleep for naps and at night.
- The back sleep position is safe and can help to reduce the risk of Sudden Infant Death Syndrome or SIDS.

# Safe to Sleep



- Babies are safest sleeping alone in a crib on a firm mattress.
- Remove pillows, blankets, stuffed toys, bumper pads and other things that can cover your baby's nose or mouth.
- Your baby needs fresh air! Keep your baby's face uncovered.

# Share the Room, Not the Bed



- Keep your baby's crib or bassinet near your bed.
- Your baby should not sleep with adults, children or pets.
- Do not share a couch or armchair with your sleeping baby. A baby can suffocate!

# Dressing Your Baby



- Don't let your baby get too hot from wearing too many clothes or covers during sleep.
- Dress your baby in light sleep clothing or try a sleep sack.
- Keep the room at a temperature that is comfortable for you.

# Feeding Your Baby



- At bedtime, place your baby in a crib or bassinet next to your bed to make night-time feeding easier.
- Return your baby to the crib or bassinet after breast or bottle feeding.
- Consider breastfeeding your baby which may reduce the risk of SIDS.

# Pacifiers



- Try giving your baby a pacifier at bedtime. Never force your baby to take it.
- When breastfeeding, wait one month or until your baby has learned to breastfeed before trying a pacifier.
- A one-piece pacifier is best. Make sure it is clean and dry.

# Infant Car Seats



- Always use infant seats in the car to keep your baby safe.
- Car seats, infant swings or carriers are not for normal everyday sleep.
- Cribs are best for safe infant sleep.

# Keep Babies Safe



- Don't use products that claim to reduce the risk of SIDS.
- Don't use infant sleep wedges or positioners that keep a baby on their back or side. These products are not safe and may increase the risk of suffocation.

# Tummy Time

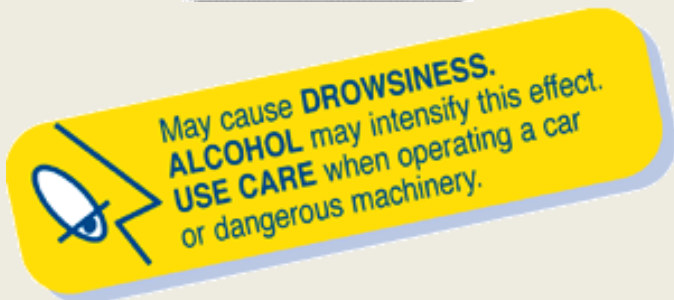


- Tummy Time is for babies when they are awake and someone can watch them.
- Spending time on the tummy helps to make a baby's neck, back and arm muscles strong. This helps a baby get ready to sit up and crawl.

# Healthy Living for Baby and Family



- Keep your home smoke-free.
- Make sure no one smokes around your baby.
- Don't allow anyone who is drinking alcohol or is drowsy from medication to care for your baby.



# Healthy Mothers, Healthy Babies



- Pregnant women should get regular prenatal care.
- Babies should get regular well-baby checkups and vaccinations to stay healthy.

# Remember the ABCs of Infant Safe Sleep



\* ALONE

\* On their BACK

\* In a CRIB

# Spread the Word



Tell everyone who takes care of your baby about these safety tips – grandparents, aunts, uncles, babysitters and friends.



# Because Baby Safety Begins with You

Sources:

American Academy of Pediatrics and the SICD Resource Center (In New York State, call 1-800-336-7437)