

# I Sleep Safest....

**A**

ALONE: Do not sleep in the same bed with your baby!

**B**

On my BACK!  
Tummy and side positions are NOT safe!

**C**

In a safe CRIB, with no fluffy or loose items!



*Back to Sleep for Every Sleep greatly reduces the risk of Sudden Infant Death Syndrome (SIDS) and other sleep related accidents.*

# Create a Safe Sleep Environment for your Baby.

Reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep related deaths.

- Always place your baby on his or her back to sleep for every safe sleep at naptime and bedtime.
- Use a firm, flat, sleep surface, covered by a fitted sheet.
- Your baby should sleep alone in their own bed.
- Keep your baby's sleep area in the same room where you sleep.  
Room Sharing is okay but NOT Bed Sharing.
- Your baby should not sleep with you or anyone else in an adult bed, on a couch or in a chair.
- Dress your baby comfortably to sleep in a one-piece sleep or wearable blanket to sleep. Do not over bundle.
- Do not let your baby get too hot during sleep. Make sure nothing covers the baby's head or face while they sleep.
- Place your baby in a safety-approved crib, bassinet, or portable crib for sleep.
- Remove all soft bedding from your baby's sleep area.
- Do not place toys, pillows, loose blankets, furlike material, bumpers, soft or weighted objects in your baby's sleep area as it increases the risk for SIDS, suffocation, entrapment/wedging, and strangulation.
- Do NOT use bouncy seats, swings, infant carriers, and strollers for routine sleep.
- Provide tummy time only when your baby is awake and being watched closely.
- Do not smoke or let anyone else smoke around your baby.
- Avoid the use of home cardiorespiratory monitors as a substitute safe sleep practice.
- Breastfeeding can help reduce the risk of SIDS.
- Always hold your baby when bottle feeding. Never prop the bottle which can lead to choking.
- Offer your baby a pacifier, that is NOT attached to a string for naptime and bedtime to sleep.
- If breastfeeding delay offering a pacifier until breastfeeding is well established.
- If the baby does not want the pacifier do not force it.
- Follow health care provider guidance on your baby's vaccines and regular health checkups.