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Infant Safe Sleep Guide



Safe Sleep Practices



The American Academy of Pediatrics (AAP) recommends the following tips for keeping your baby safe while they sleep.

- A Alone
- B Back
- C Crib (empty)

Follow these three practices until the baby turns a year old.



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Alone

Accidents can happen when sleeping with your baby in bed.

- Parents can roll over on their baby.
- Babies can press their face against positioners and suffocate.
- Their nose and mouths can get blocked by soft objects and make it hard to breath.

Victoria
Expectant Mother



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“Protect your baby.”

Blankets, toys and stuffed animals in the crib with a baby are dangerous. No exceptions!

Dr. Janice James
Board Certified Pediatrician



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○ Pacifiers

Pacifiers can help a baby fall asleep, but be sure to follow some guidelines.

Pacifier must be:

- Dry and clean.
- Not hanging around baby's neck.
- Not attached to clothing.



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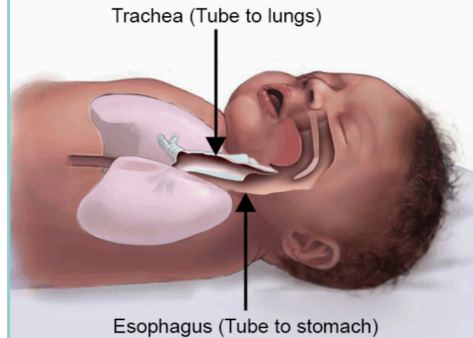
Back



A baby should always be placed on his/her back when sleeping.

When your baby vomits or spits up, it can go down the wrong tube causing him/her to stop breathing or to choke. If your baby is on his/her back, this is less likely to happen.

Baby in the back sleeping position



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○ When Tummy Time is Safe

Babies should be on their stomach when they are awake and you are watching them.

Tummy time helps babies to:

- Develop strong head, neck and shoulder muscles.
- Strengthen certain motor skills.
- Prevent them from developing a “flat spot” on their head.



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Crib



An empty crib. Every Nap. Every Night. Every Time.

When not sleeping in a crib, babies can:

- Fall off the bed, couch or chair.
- Get stuck between seat cushions or walls.
- Be uncomfortable in a soft mattress/ adult bed.

If babies fall asleep in a car seat, be sure to put them in a crib once at home.



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○ Protect Your Baby with ABCs

Alone

Babies should sleep alone. Babies can sleep in the same room as caregiver, but alone in a crib.

Back

Babies have poor head control, so sitting up (in a device or elsewhere) while asleep can make it harder to breathe.

Crib

Make sure the crib is empty. Crib bumpers aren't needed (as babies aren't strong enough to hurt themselves), and positioners can cause a baby to suffocate.



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Additional Recommendations



Moms should receive regular and ongoing postpartum care from a physician.



Immunize your baby on the regular schedule.



Avoid alcohol and drug use during pregnancy and after birth.



Stay Away from Smoke



If you're pregnant, or have a baby, stay away from cigarette smoke.

If you, others living in your home, or visitors need to smoke they should do it outside, then change clothes and wash hands before holding the baby.



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Breast-feed if You Can



Babies who are breast-fed, or fed breast milk, have a lower risk of Sudden Infant Death Syndrome (SIDS).

The longer a baby is only breast-fed or fed breast milk, the lower the risk of SIDS.



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○ Swaddling Your Baby

Babies who were born early, in the special care nursery, or cry a lot can be swaddled. Babies two months and older, or when the baby starts to roll, should not be swaddled.

Be careful when swaddling, as babies can overheat.

Follow these safety practices:

- Use the back of the baby's neck to check temperature.
- You should be able to put your hand between the chest and blanket.
- Baby's head should be free.



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Crib Resources



Do you need a safe sleep place for your baby?
Columbus Public Health provides portable
cribs (called Pack 'n Plays) for babies
under one year old.

Call 614-645-3111

STEP ONE

For a Healthy Pregnancy

StepOne can help with resources
and additional support.

Call 614-721-0009





To learn more, visit celebrateone.info

Sources:

SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment, Pediatrics, October, 2011.

www.pediatrics.org/cgi/doi/10.1542/peds.2011-2284

Eunice Kennedy Shriver National Institute of Child Health and Human Development
National Institutes of Health. Safe to Sleep® Campaign. SAFE SLEEP FOR YOUR BABY
Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related
Causes of Infant Death. NIH Pub No 17-HD-7040 June 2017



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