

# Safe Sleep For Your Baby

## Since 1998 Cribs for Kids

has been dedicated to providing infant safe sleep education and no-cost cribs to families in need.

You can lower the risk of SUID by following the American Academy of Pediatric's safe sleep guidelines.

Each Year, approximately **3,400** infants are injured or die in the United States due to **Sudden Unexpected Infant Death (SUID)**.

Many of these deaths are caused by suffocation or strangulation while in unsafe sleep environments.

SUID is the leading cause of death for babies between the ages of one month and one year.

YOUR BABY SHOULD SLEEP

**ALONE,**  
on their **BACK,**  
in a safety-approved  
**CRIB.**



Creating a safe sleep plan is easy as long as you follow the Safe Sleep Steps for every sleep both naptime, and bedtime.



Be sure to share your safe sleep plan with all of your baby's caregivers.

## Baby Should Sleep Alone



Your baby sleeps safest while sleeping **ALONE**.



### Nothing in Crib

Your baby's sleep space should be free of clutter.



The only thing that should be in the crib with your baby is a pacifier and a tightly fitted sheet.



Pacifier use is associated with a lower risk of SIDS

### Dress Baby for Sleep

Keep your baby safe by dressing them in layers and using wearable blankets instead of using a baby blanket in the crib.



Dress baby for sleep to avoid overheating and follow safety rules while swaddling.

### Share Your Room Not Your Bed

Never share your adult bed with your baby. Roomshare with your baby in a separate space for at least the first six months.



Make sure your pets don't have access to your baby's crib.

You should never allow your baby to share a crib with a sibling. Twins should always have separate sleep spaces.

# Back is Safest

INFANT SLEEP-RELATED DEATHS DECLINED BY

**50%**

once parents began placing their babies on their back to sleep instead of on their tummy.



**2**

Your baby sleeps safest on their **BACK** for every nap and every bed time.

## DID YOU KNOW? BACK SLEEPING...

### Prevents Rebreathing

When your baby is sleeping face-down, the possibility of them rebreathing their own exhaled breath is increased, which causes them to inhale more carbon dioxide than oxygen.

### Reduces Choking Risk

There is no increased risk of your baby choking on spit up while sleeping on their back. Evidence shows that babies are more likely to choke or aspirate while sleeping on their stomachs.

### REMEMBER

When your baby can roll over on their own, there is no need to return them to the back sleeping position. Make sure that they are dressed for mobility and no longer swaddled.



Practice tummy time when awake and supervised to increase your baby's strength and encourage proper development.



**Remember back to sleep, tummy to play.**

## Baby Should Sleep In a Crib

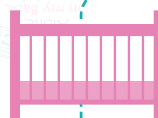


**3**

Your baby sleeps safest on a firm, flat mattress in a safety-approved **CRIB, bassinet, or play yard**

### Sleep Surface Matters

- ▶ Inclined surfaces are dangerous for sleep.
- ▶ Never allow your baby to sleep in a swing, bouncer, or baby lounger. If your baby falls asleep in their car seat, transfer them to their crib as soon as possible.
- ▶ Your baby's mattress should be firm. Rebreathing can occur on soft surfaces.
- ▶ Never let your baby sleep on a chair or couch with you. If your baby falls asleep in your arms, transfer them to their crib as soon as possible.
- ▶ After night feedings, always place your baby back into their crib to sleep.



Your baby's crib, bassinet, or play yard should meet the safety standards of the **Consumer Product Safety Commission (CPSC)**.

# Lower the Risk of Death



View our **Safe Sleep Video Library** on the **Safe Sleep Academy!**



VISIT THE CRIBS FOR KIDS SAFE SLEEP ACADEMY TO LEARN MORE ABOUT HOW TO KEEP YOUR BABY SLEEPING SAFELY.

[WWW.SAFESLEEPACADEMY.ORG](http://WWW.SAFESLEEPACADEMY.ORG)

## Attend all Medical Visits

Both mother and baby should attend all scheduled doctor's appointments, prenatal, post-natal, and pediatric.



## Baby Products

Use caution when buying products and devices for your baby that claim to lower the risk of SIDS.



## Breast Milk

Feed your baby breast milk for at least the first six months, and preferably for the first year and beyond.



## Avoid Impairment

Avoid smoking, vaping, and impairment while pregnant and caring for your baby.



Fatigue and exhaustion are a form of impairment.

When you are impaired in any way it is essential that baby is placed in a separate and safe sleeping space.

DID YOU KNOW? BREAST MILK... lowers your baby's SUID risk by **50%**

Taking care of a newborn and yourself at the same time is hard. Find support at [postpartum.net](http://postpartum.net).

## 12 Steps for Infant Safe Sleep

-  **1** Back to Sleep for Every Sleep
-  **2** Use a Firm, Flat Safety-Approved Sleep Space
-  **3** Breast Milk Lowers the Risk of SUID
-  **4** Share Your Room, Not Your Bed
-  **5** Place Baby in a Bare Crib
-  **6** Use a Pacifier to Reduce SUID Risk
-  **7** Avoid Smoking, Vaping, and Impairment
-  **8** Avoid Overheating and Swaddle Safely
-  **9** Keep Up With Doctor's Visits and Vaccines
-  **10** Research Baby Products Before Buying
-  **11** Practice Tummy Time When Awake
-  **12** Spread the Safe Sleep Message

Follow these 12 steps for the first 12 months.

## Spread the Safe Sleep Message in Your Community

Join us in our mission to help every baby sleep safer by becoming a Cribs for Kids Safe Sleep Ambassador. Scan the QR code to get started.



Follow us on social media!  
[@CribsForKids](https://twitter.com/CribsForKids)

