

There are many misconceptions about safe sleep for babies – get the facts from the experts at the American Academy of Pediatrics and follow these guidelines to keep your baby safe while sleeping:

- Always place your baby on his or her back for every sleep time.
- Always use a firm sleep surface. Car seats and other sitting devices are not recommended for routine sleep.
- The baby should sleep in the same room as the parents, but not in the same bed (room-sharing without bed-sharing).
- Keep soft objects or loose bedding out of the crib. This includes pillows, blankets, and bumper pads.
- Wedges and sleep positioners should not be used.
- Pregnant woman should receive regular prenatal care.
- Don't smoke during pregnancy or after birth.
- Breastfeeding is recommended.
- Offer a pacifier at nap time and bedtime.
- Avoid covering the infant's head or overheating.
- Do not use home monitors or commercial devices marketed to reduce the risk of SIDS.
- Infants should receive all recommended vaccinations.
- Supervised, awake tummy time is recommended daily to facilitate development and minimize the occurrence of positional plagiocephaly (flat heads).

Share these tips with everyone who cares for baby!



www.SafeSleep.Ohio.gov

Ohio | Department of Health

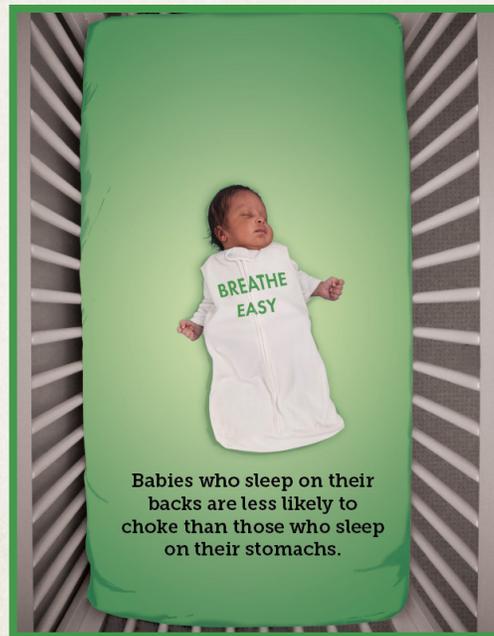
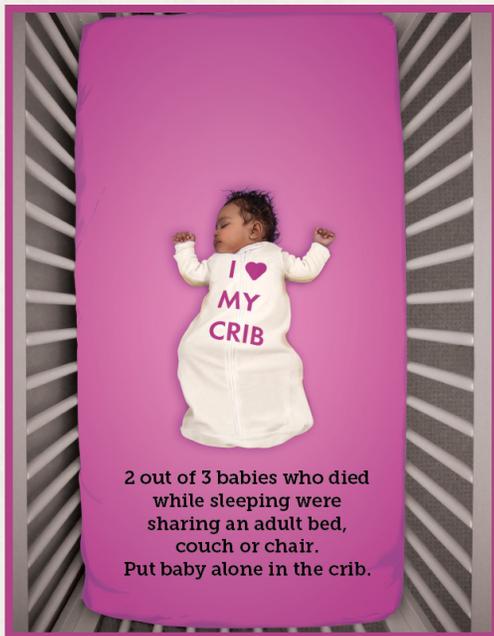
**Every week in Ohio...
3 babies die in unsafe
sleep environments.**



Follow the ABCs of Safe Sleep
Alone. Back. Crib.

Every Baby. Every Sleep.

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A lone.

Share the room, not the bed! Never nap on a couch or chair while holding your baby. Always make sure your baby is placed in a crib, bassinet, or play yard with a firm mattress.

The safest place for your baby to sleep is in the room where you sleep, but not in your bed. Place the baby's crib, bassinet, or play yard near your bed (within arm's reach). This makes it easier to breastfeed and bond with your baby. Don't place your baby to sleep on adult beds, chairs, sofas, waterbeds, air mattresses, pillows, or cushions – even for naps!

There is no proven safe way to share the bed with your child because:

- You can accidentally roll too close to or onto baby while she sleeps.
- Babies can get trapped between the mattress and the wall, headboard, footboard or other piece of furniture.
- Your baby could fall from the bed and get hurt or fall into a pile of clothing or other soft items on the floor and suffocate.



Back.

Science has proven that back is best for your baby! It's actually less likely for baby to choke while on their back because healthy babies naturally swallow or cough up fluids—it's a reflex all people have to make sure their airway is kept clear. Babies might actually clear fluids better when on their backs because of the location of the windpipe (trachea) when in the back sleep position.

Even though your baby may sleep more soundly on his stomach, it's safer for baby to wake through the night.

When babies sleep deeper, they don't arouse or wake up as often. When a baby is in a deep sleep and gets into a situation where she needs to take a deep breath or wake up, her airway may be blocked by a blanket or loose bedding or covered in some other way, so she will be at more risk for suffocation.

For the most part, flat spots on a baby's head go away a few months after the baby learns to sit up. There are other ways to reduce the chance that flat spots will develop on your baby's head, such as providing "tummy time" when your baby is awake and someone is watching. "Tummy time" not only helps prevent flat spots, but it also helps a baby's head, neck, and shoulder muscles get stronger.



Crib.

Many parents believe baby won't be warm or comfortable without bumper pads, blankets, pillows, and stuffed animals, but these items can be deadly. Babies can suffocate on or be strangled by any extra item in the crib.

Your baby will be safe and warm even without bumper pads and extra items in his crib.

There have been no cases of babies who have seriously hurt themselves by getting stuck between the crib railings. Babies aren't capable of exerting enough force to break an arm or leg between the crib slats. Consider the option of a baby waking up because his hand or foot may be caught. He will cry and wake you, but he will be alive and breathing.

Place your baby on a firm mattress, covered by a fitted sheet that meets current safety standards. Bumper pads and sleep positioning wedges should not be placed in the crib with the baby. Sleep clothing, such as fitted, appropriate-sized sleepers, sleep sacks, and wearable blankets are safer for baby than blankets! If you plan to swaddle your baby when you get home from the hospital, visit www.SafeSleep.Ohio.Gov to learn how to swaddle safely.