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Best Practices for Safe Sleep

Here are tips to help create a safer sleep environment:

- ✓ Follow the ABCs of Safe Sleep
  - ▪ Alone – Baby sleeps alone, without other objects, caregivers or siblings
  - ▪ Back – Baby sleeps on his/her back
  - ▪ Crib – Baby sleeps on his/her own sleeping space, such as a crib or a bassinet
- ✓ Until their first birthday, place your baby on their back to sleep for naps and at night.
- ✓ Place your baby to sleep on a firm sleep surface covered by a fitted sheet.
- ✓ Room-sharing is recommended – keep baby's sleep area in the same room where you sleep for at least the first six months, but do not let your baby sleep with you or anyone else in bed (co-bedding).

Safe Sleep for Babies

- ✓ If your baby falls asleep in a car seat, stroller or other carrier, move them to a firm sleep surface such as a crib, bassinet or portable crib for sleep.
- ✓ Never place your baby to sleep on a couch, sofa or armchair.
- ✓ Keep soft objects such as pillows and blankets, toys and bumpers out of your baby's sleep area.
- ✓ If you give your baby a pacifier, use one that is not attached to a string for naps and at night to decrease risk of choking or strangulation.
- ✓ Breastfeed your baby (studies show babies who breastfeed have a lower risk for SUID).