Safe Sleep

♥ The safest place for your baby to sleep is in his or her own crib or bassinet and not in bed with you.

♥ Your baby's sleeping area should be free of stuffed animals and other toys as well as pillows and fluffy blankets.

♥ Bear in mind that not everyone knows that babies should always nap and sleep on their backs.

♥ Make sure you discuss safe sleep practices with anyone who will care for your infant. Here's why: one in five Sudden Infant Death Syndrome (SIDS) deaths happen while a baby is being cared for by someone other than a parent.

♥ Many of these deaths occur when babies are placed to sleep on their stomachs.

♥ Babies up to 1-year-old can die from SIDS, although it is most common among infants between one and four months of age.

♥ Some babies are at greater risk. African-American and Native-American babies die from SIDS at a higher rate compared to white babies.

♥ Another way to reduce your infant's risk is by using a firm mattress with a fitted sheet.

♥ Dress your child lightly for bed to keep him or her from getting too hot.

♥ Keep the crib in a smoke-free space.

♥ Don't place babies to sleep on adult beds, sofas, chairs, waterbeds, pillows, or cushions.

Placing babies on their backs to sleep saves lives.
Spread the word.