

SAFE SLEEP FOR BABY

Sudden infant death syndrome (SIDS) is the leading cause of death for infants between one month and 12 months of age. You can take steps to reduce the risk of SIDS to your baby.

Never let baby fall asleep in a bed, chair or sofa. **Your baby should sleep alone and on their back in a safe crib.** Crib railings should not be more than 2 3/8 inches apart. (a soda can should NOT fit through the railings). The crib should NOT have:

- Quilts
- Comforters
- Blankets
- Sheepskin
- Stuffed animals
- Bumper pads
- Pillows
- Body/sleep positioners
- Any item that could block baby's breathing

The crib should have a firm mattress that fits in the frame of the crib. There should not be a space between the mattress and the crib that the baby might get trapped in. Use a fitted sheet that fits tightly over mattress. Snuggling/cuddling with baby should occur during waking hours and feeding.



Bedtime

- Develop a routine
- Place a safe crib next to your bed

Baby's Environment

- Consider use of a sleep sack or sleeper in the correct size.
- Hats are not necessary for sleep once the baby is more than a day old
- The home should be smoke-free
- Comfortable room temperature – about 72 degrees

When Feeding Baby

- Be sure you are in a position that will help you to stay awake
- After feeding, return baby to the crib
- Remember breastfeeding has important health benefits
- Once your breastfeeding is well established (usually after one month of exclusive breastfeeding), consider offering your baby a dry pacifier at naptime and bedtime



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