

## What is Safe Sleep?

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Just remember your ABC's!  
Babies should sleep **ALONE**, on their **BACK**, and in a **CRIB**



- **DO NOT** bed share! Put your baby to bed in his or her own **CRIB** or bassinet to sleep **ALONE**.
  - It is important for your baby to sleep alone. If the crib has blankets, stuffed animals or loose bedding, your baby can suffocate after getting tangled in them. Your baby should **NOT** sleep with you or anyone. It is easy to roll over on your baby and not even wake up!
- **Always** place your baby on his or her **BACK** to sleep – at night AND at naptime!
  - Even if your baby throws up during sleep, it is better that baby is on his or her back. He or she will naturally cough or swallow to keep his or her airway clear. A baby on his or her stomach can suffocate in the puddle of throw-up because baby can't move to get away from the fluid.

## What does a Safe Sleep environment look like?

### A safe sleep environment means baby sleeps....

#### Alone:

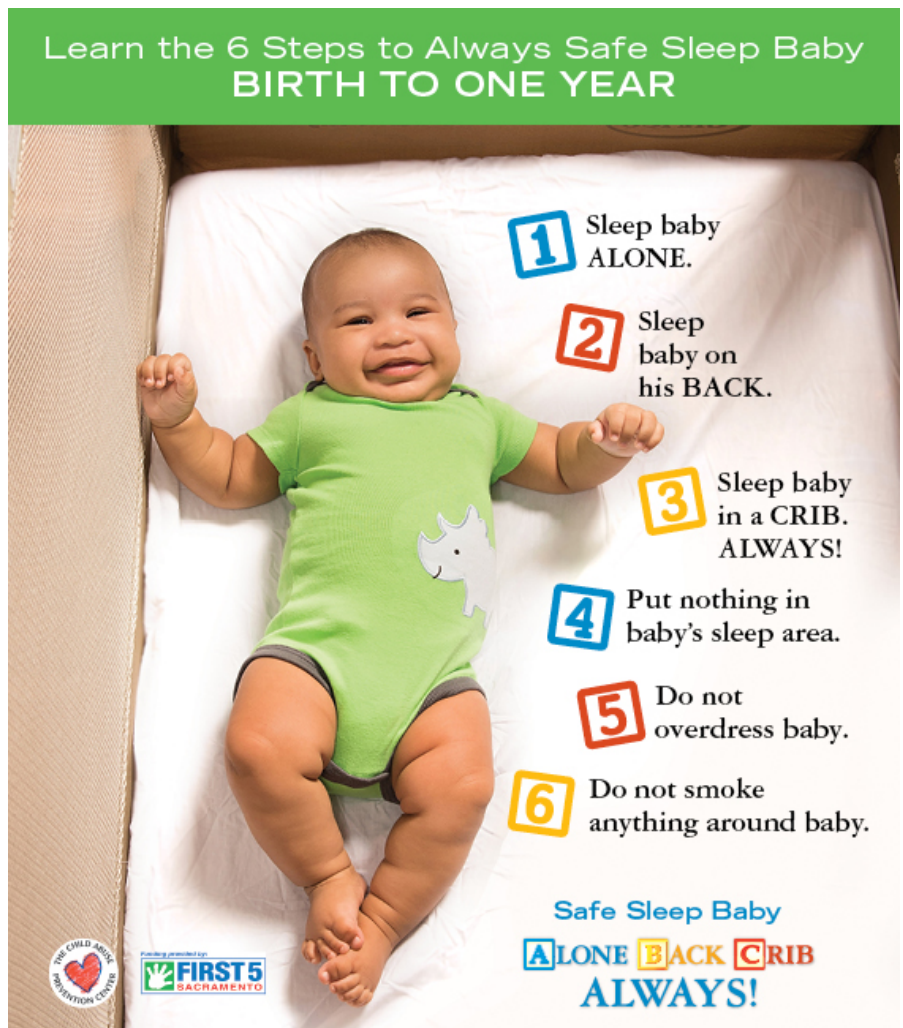
- Toys and other soft bedding, including blankets, comforters, pillows, stuffed animals, loose bedding like sheets and towels, bumper pads, and wedges should **NOT** be placed in the crib with the baby.
- Place the crib in an area that is **always** free from second hand smoke.

#### On his/her back:

- Place your baby on his or her back on a firm mattress, covered by a fitted sheet.

#### In a crib:

- Don't let your baby sleep in his or her carrier, sling, car seat or stroller. Take them out and put them in their crib!
- Don't place babies to sleep on adult beds, chairs, sofas, waterbeds, pillows, cushions, or any soft surface.
- Make sure the mattress fits snugly in the crib frame and there are **NO** gaps between the mattress and the crib.



## What is Tummy Time?

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Tummy time is an important activity for babies. Tummy time helps your baby's back, neck, and shoulder muscles grow and develop. Tummy time can begin as soon as you get home from the hospital!

## How does a baby do Tummy Time?

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- **ONLY** practice Tummy Time when your baby is awake and when you are with him or her.
- Lay your baby across your lap on their stomach two to three times a day for a few minutes.
- As your baby grows stronger, place them on a blanket on the floor for a few minutes after a diaper change or nap time.
- As your baby grows even stronger and used to Tummy Time, you can do Tummy Time for multiple times a day for a few minutes at a time.
- **ALWAYS** watch your baby carefully during Tummy Time!

**And remember...**

**Back to Sleep**

**Tummy to Play!**

## What is SIDS?

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### Sudden Infant Death Syndrome (SIDS)

- SIDS is the leading cause of death for infants between 1-12 months of age.



## What causes SIDS?

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Some causes of SIDS are unknown, but many causes of SIDS can be prevented:

- Suffocation: This can happen when a pillow, blanket, sheet or anything else covers an infant's nose and mouth while they sleep. It can also happen if a baby throws up while sleeping on his or her stomach or side.
- Bed sharing: When a person who is sharing a bed with a baby rolls on top of the baby while sleeping.
- Wedging: When an infant is wedged between two objects like a mattress and wall, bed frame, or furniture.
- Strangulation: For example, when an infant's head and neck become caught between crib railings.

Why is Safe Sleep so important?

Following Safe Sleep guidelines (the ABC's) will help lower your baby's risk of suffocation while he or she sleeps and will lower the risk of Sudden Infant Death Syndrome.

It is important you make sure that everyone who watches your child knows about Safe Sleep guidelines. Tell your family, friends, and babysitters who watch your baby to follow Safe Sleep guidelines!

**Keeping Baby Safe while sleeping**

Sudden Infant Death Syndrome (SIDS) is the unexplained death of a seemingly healthy baby usually during sleep. Although the exact cause is unknown and all babies are vulnerable, certain sleep environments have been linked to an increased risk.

**9 ways to help protect your baby from SIDS**

- Ensure the crib is properly assembled and if there is any question, call the manufacturer
- Always place baby on his/her back to sleep
- Remove everything other than the mattress and fitted sheet from the crib when baby is sleeping. No pillows, blankets, toys, or bumpers.
- Use a blanket sleeper, never use loose blankets
- Use a firm mattress with no more than two fingers width between the crib and mattress
- Keep baby in Mom's room for the first few months, but in a separate sleeping area.
- Once breastfeeding is established offer a pacifier.
- Do not over-clothe baby while sleeping, baby should be warm but not sweating or hot to the touch.
- Keep a smoke-free zone around your baby
- There shouldn't be more than a soda can's width between bars.

**Sudden Infant Death Syndrome (SIDS)**  
 U.S. SIDS Mortality Rates - all races 1980-2010

Year	Deaths / 100,000 live births
1980	~220
1990	~150
2000	~100
2005	~80
2010	~60

Source: CDC and National Center for Health Statistics

**Educate everyone who cares for your baby on these safe sleep rules**

For more information about choosing nursery furniture, visit [simplybabyfurniture.com](http://simplybabyfurniture.com)  
 world's largest baby furniture store