

Safe Sleep



The CDC estimates that nearly 3,500 infants die suddenly and unexpectedly each year in the U.S. These deaths are called sudden unexpected infant deaths, or SUIDs—they're sudden deaths that can't be explained. About half of such deaths are due to Sudden Infant Death Syndrome (SIDS). SIDS is the leading cause of SUID for infants under 1 year old.

The ABCs of safe sleep were developed by the American Academy of Pediatrics (AAP). They're an easy way to remember the basic guidelines for protecting your baby while they sleep or nap.

How to Keep Your Baby Safe

- Do not smoke and do not allow others to smoke around your baby.
- Do not drink alcohol or use drugs.
- Do not use commercial devices or cardiorespiratory (CR) monitors unless ordered by your baby's doctor.
- Do not use items with ties, like bibs, pacifiers, cords, or other attachments on or near baby while sleeping.
- Do not use products that claim to reduce the risk or prevent SIDS—like wedges, positioners, or other products that claim to keep infants in a specific position.
- Do not allow electrical cords, window blind cords, or baby monitor cords near the crib.

PACIFIER AND SIDS

Think about using a pacifier at naptime and bedtime. For breastfeeding babies, wait until breastfeeding is going well—about one month of age—before giving a pacifier. Offer a pacifier when putting your baby down to sleep. Don't force them to take a pacifier. If the pacifier falls out of their mouth, don't put it back in. Don't tape the pacifier to your baby's face. Don't put any sweet solution on the pacifier. Pacifiers should be cleaned and checked often and replaced regularly.

For more resources go to:

<https://pediatrics.aappublications.org/content/138/5/e20162938>

www.cdc.gov/sids/aboutsuidandsids.htm



WHAT SAFE SLEEP LOOKS LIKE

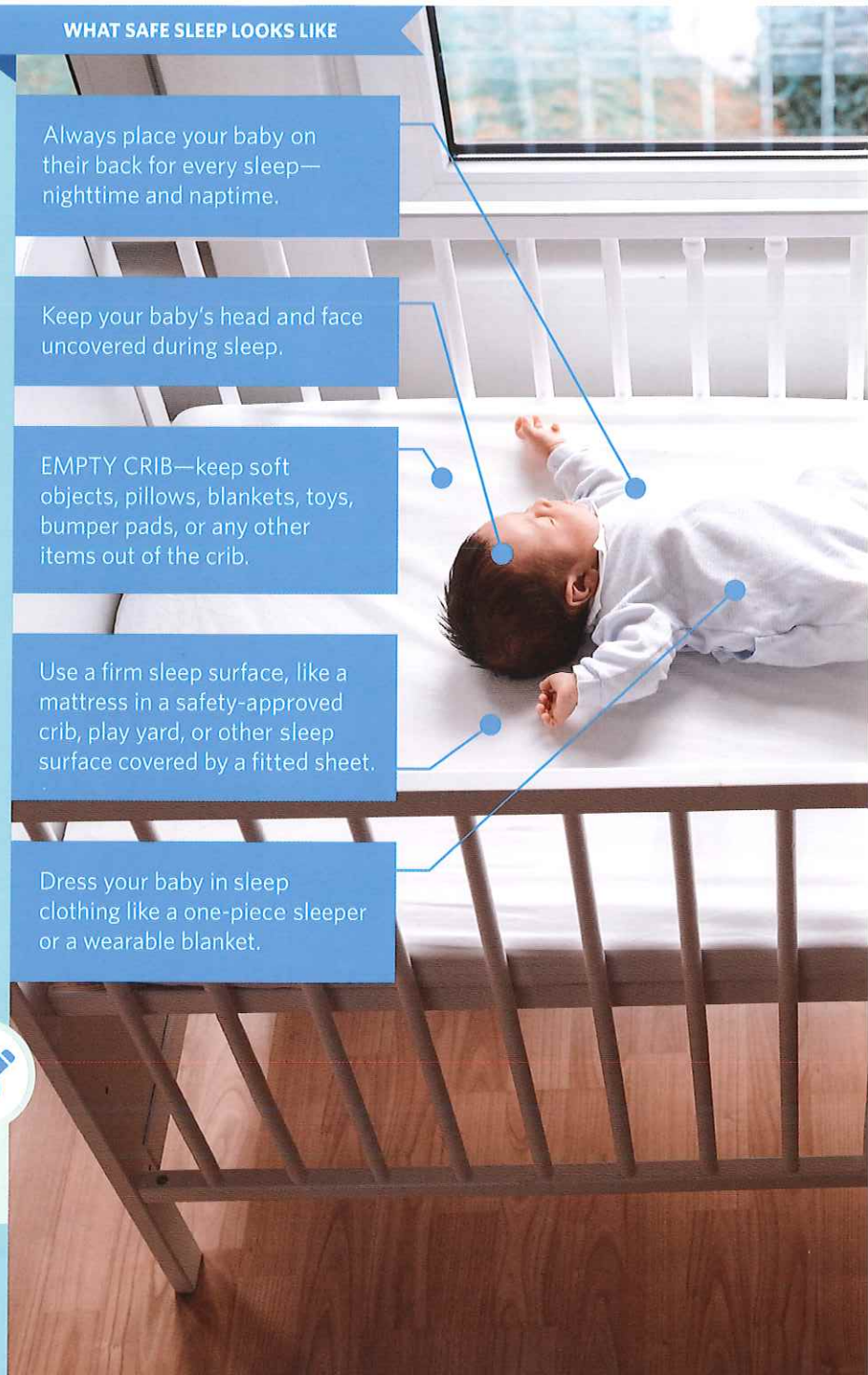
Always place your baby on their back for every sleep—nighttime and naptime.

Keep your baby's head and face uncovered during sleep.

EMPTY CRIB—keep soft objects, pillows, blankets, toys, bumper pads, or any other items out of the crib.

Use a firm sleep surface, like a mattress in a safety-approved crib, play yard, or other sleep surface covered by a fitted sheet.

Dress your baby in sleep clothing like a one-piece sleeper or a wearable blanket.



a

ALONE

Your baby should sleep alone, not with other people, pillows, blankets, or stuffed animals.

b

BACK

Your baby should always be placed on their back, not their side or stomach.

c

In Their CRIB

Your baby should sleep in a crib, not on an adult bed, sofa, cushion, or other soft surface.

**ROOMING-IN**

Rooming-in (keeping parents and babies together in the same room) is beneficial to the health and development of infants. When possible, you want to begin rooming-in during your hospital stay. Unless there is a medical issue with either you or your baby that requires you to be apart, rooming-in allows the hospital staff to care for you both at the same time. Be sure to talk to your nurse in the hospital about your needs, especially if you had a cesarean birth, are taking narcotic medication for pain relief, and don't have a companion in the room with you.

The benefits of rooming-in:

- Facilitates feeding as you learn your baby's feeding cues
- Your baby cries less and you can soothe them quickly
- You make more breast milk, as breastfeeding occurs often
- You get more rest and peace of mind
- You gain confidence in caring for your baby with experienced staff nearby
- You can monitor your baby more easily
- Decreases the risk of SIDS

Rooming-in is so valuable the AAP encourages parents to keep doing it at home. Because it also reduces the risk of SIDS, the AAP recommends rooming-in until your baby is at least 6 months old—ideally, a year.