

SAFE

SLEEP FOR YOUR BABY



Make Safe Sleep Practices a Part of Your Baby's Daily Life

Did you know?

Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained death of a baby younger than 1 year.

SIDS is the leading cause of death for babies between 1 month to 12 months of age.

SIDS is **NOT** caused by immunizations, vomiting or choking.

Where is the Safest Place for my Baby to Sleep?

The safest place for your baby to sleep is in the room where you sleep. Place the baby's crib or bassinet near your bed (within an arm's reach) to ease breastfeeding and to bond with your baby.



Safe Sleep Environment

Place your baby in safety-approved crib with a firm mattress and a fitted crib sheet.

The mattress should **ALWAYS** fit snugly in the cribs frame.

If you do not have a crib, your baby can be placed on another safe, firm sleep surface such as a bassinet or cradle that does not have any soft or fluffy items on its sleep surface.

Place the crib in an area that is always smoke free.

NEVER place your baby on chairs, sofas, waterbeds, or cushions to sleep.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.



Talk About Safe Sleep Practices with Everyone Who Cares for Your Baby!

When looking for someone to take care of your baby, including a child care provider, a family member, or a friend, make sure that you talk with this person about safe sleep practices.

Safe Sleep Practices

Babies should **ALWAYS** be placed on their backs (face-up) when they are resting, sleeping, or left alone.

Babies should be placed on their tummies **ONLY** when they are awake and supervised by a responsible person.

Do not cover your baby's head with a blanket or over bundle them in clothing and blankets.

Avoid letting your baby get too hot. Your baby could be too hot if you notice sweating, damp hair, flushed cheeks, heat rash and/or rapid breathing.

Never smoke or allow anyone else to smoke in the same room as your baby.

Parents or caregivers who choose to share a bed with their baby should **NEVER** smoke or be under the influence of alcohol or drugs while sleeping with their baby.

Think about using a clean, dry pacifier when placing the baby down to sleep.

Avoid products that claim to reduce the risk of SIDS; most have not been tested for effectiveness.



For more information

Arizona Department of Economic Security
Division of Children, Youth and Families
www.azdes.gov/

National Institute of Child Health
and Human Development

www.nichd.nih.gov/SIDS
or call
1-800-505-CRIB
(1-800-505-2742)



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Division of Children, Youth and Families

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