

SAFE SLEEP GUIDELINES

What Every Family Needs to Know

1 PLACE BABY ON HIS/HER BACK FOR EVERY SLEEP BY EVERY CAREGIVER UNTIL CHILD REACHES ONE YEAR OF AGE. SIDE SLEEPING IS NOT SAFE AND NOT ADVISED

2 THE SAFEST PLACE FOR A BABY TO SLEEP IS ON A SEPARATE SLEEP SURFACE DESIGNED FOR INFANTS CLOSE TO THE PARENTS' BED, IDEALLY FOR AT LEAST THE FIRST 6 MONTHS.



3 BABY SHOULD SLEEP IN A CRIB, BASSINET, PORTABLE CRIB, OR PLAY YARD ON A FIRM, FLAT, NON-INCLINED SLEEP SURFACE ON A TIGHTLY FITTING MATTRESS COVERED BY A FITTED SHEET WITH NO OTHER BEDDING OR SOFT OBJECTS.

4 SITTING DEVICES, SUCH AS CAR SEATS, STROLLERS, SWINGS, INFANT CARRIERS, AND INFANT SLINGS, ARE NOT RECOMMENDED FOR ROUTINE SLEEP.



5 BREASTFEED EXCLUSIVELY FOR APPROXIMATELY 6 MONTHS AND CONTINUING FOR 1 YEAR OR LONGER AS MUTUALLY DESIRED BY PARENT AND INFANT.



6 COUCHES AND ARMCHAIRS ARE EXTREMELY DANGEROUS PLACES FOR INFANTS AND SHOULD NEVER BE USED FOR INFANT SLEEP.

7 KEEP SOFT OBJECTS, SUCH AS PILLOWS, PILLOW-LIKE TOYS, QUILTS, COMFORTERS, MATTRESS TOPPERS, FUR-LIKE MATERIALS, AND LOOSE BEDDING, SUCH AS BLANKETS AND NONFITTED SHEETS, AWAY FROM THE INFANT'S SLEEP AREA.

8 THERE IS NO EVIDENCE TO RECOMMEND SWADDLING AS A STRATEGY TO REDUCE THE RISK OF SIDS. THERE IS A HIGH RISK FOR DEATH IF A SWADDLED INFANT IS PLACED IN OR ROLLS TO THE PRONE POSITION. IF INFANTS ARE SWADDLED, ALWAYS PLACE THEM ON THE BACK. WHEN AN INFANT EXHIBITS SIGNS OF ATTEMPTING TO ROLL, SWADDLING SHOULD NO LONGER BE USED.

9 OFFERING A PACIFIER AT NAP TIME AND BEDTIME IS RECOMMENDED TO REDUCE THE RISK OF SIDS.



10 IT IS RECOMMENDED THAT PREGNANT PEOPLE OBTAIN REGULAR PRENATAL CARE.

11 AVOID SMOKE AND NICOTINE EXPOSURE DURING PREGNANCY AND AFTER BIRTH.



12 AVOID ALCOHOL, MARIJUANA, OPIOIDS, AND ILLICIT DRUG USE DURING PREGNANCY AND AFTER BIRTH.

13 AVOID OVERHEATING AND HEAD COVERING IN INFANTS.

14 AVOID THE USE OF COMMERCIAL DEVICES THAT CLAIM TO REDUCE THE RISK OF SIDS OR OTHER SLEEP-RELATED DEATHS.

15 BABIES SHOULD RECEIVE ROUTINE IMMUNIZATIONS.

16 PARENTS ARE ENCOURAGED TO PLACE THE INFANT IN TUMMY TIME WHILE AWAKE AND SUPERVISED FOR SHORT PERIODS OF TIME BEGINNING SOON AFTER HOSPITAL DISCHARGE, INCREASING INCREMENTALLY TO AT LEAST 15 TO 30 MINUTES TOTAL DAILY BY 7 WEEKS OF AGE.

**first
candle**

Saving babies. Supporting families.