

Make sure your baby is a Safe Sleeper

Keeping Your Baby Safe by Reducing the Risk of Sudden Unexpected Infant Death Syndrome (SUIDS)

Tummy Time to Play

Back to Sleep

Tummy Time is for Playing:

Babies need lots of tummy time for playing. Always stay with your baby during tummy time and make sure she is awake.

BABIES SHOULD ALWAYS BE PLACED ON THEIR BACKS TO SLEEP:

Place your baby on their back to nap and sleep. Babies up to 1 year of age should always be placed on their backs to sleep during naps and at night.

Babies Need a Safe Place to Sleep:

Make sure your baby sleeps in a safe place with a firm surface.

Babies should sleep in a crib, bassinet, portable crib or play yard that meets current safety standards. Do not use a crib that is broken or has missing parts or drop-side rails. Make sure the baby's crib has not been recalled. If your baby falls asleep in a car safety seat, stroller, swing, infant carrier or infant sling, move your baby to a safe place with a firm sleep surface as soon as you can.

No Soft or Loose Objects: Cover the mattress with a fitted sheet. Do not put blankets or pillows between the mattress and the fitted sheet. Pillows, quilts, comforters, sheepskins, bumper pads and toys can be dangerous. Keep soft objects, loose bedding and other objects out of the crib.



Same Room to Sleep; Not the Same Bed:

It's okay for your baby to sleep in the same room where you sleep, but not in the same bed. Babies who sleep in the same bed as their parents are at risk of SUIDS, suffocation or strangulation. Parents can roll onto babies during sleep and babies can get tangled in the sheets or blankets. You can keep the crib or bassinet within an arm's reach of your bed. You can easily watch or breastfeed your baby by having your baby nearby.

Breastfeed as much and for as long as you can. Studies show that breastfeeding can help reduce the risk of SUIDS. Just be careful to stay awake!

Keep Your Baby Away From Smokers:

Keep your baby away from smokers and places where people smoke. If you smoke, quit for your health and the health of your baby. Keep your car and home smoke-free.

Temperature: Do not let your baby get too hot. Keep the room where your baby sleeps at a comfortable temperature. In general, dress your baby in no more than one extra layer than you would wear. Your baby may be too hot if he or she is sweating or if her chest feels hot.

Bring Baby to the Doctor:

Schedule and go to all well-child visits. Your baby will get important immunizations. Studies show that immunizations may protect your baby against SUIDS.

Share this with anyone who cares for your baby, including grandparents, family, friends, babysitters and child care centers.

Special Note: These suggestions are for healthy babies up to 1 year of age. A very small number of babies with certain medical conditions may need to be placed to sleep on their stomachs. Your baby's doctor can tell you what is best for your baby.

Helpful Website: For more information about crib safety standards, visit the Consumer Product Safety Commission website at www.cpsc.gov



For more Safe Sleep tips scan the QR code or visit www.ctoec.org/safe-sleep



This information was developed based on the American Academy of Pediatrics (AAP) website, www.healthychildren.org. To read the AAP's recommendations to help reduce the risk of SUIDS go to <http://bitly.com/aap-suids>.



Connecticut Office of
Early Childhood

www.ctoec.org/safe-sleep