

A Parent's Guide to Safe Sleep:

Back to sleep to reduce
the risk of **SIDS**



Did you know? **SIDS is:**

- Most common among infants that are 2-4 months old
- More common in male babies
- More common during the winter months
- The leading cause of death for infants between 1 month and 12 months of age

Know the truth... **SIDS is not**

- Immunizations
- Vomiting or choking



If you
have questions
about safe sleep
practices please contact
the **Healthy Child Care America
Back to Sleep** campaign at the
American Academy of Pediatrics

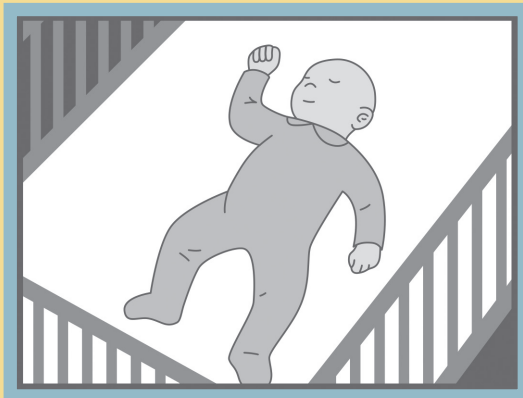
childcare@aap.org
888/227-5409

Back to Sleep for Safe Sleep



Safe Sleep Practices

- Always put babies to sleep on their backs during naps and at nighttime.
- Don't cover the heads of babies with a blanket or over bundle them in clothing and blankets.
- Avoid letting the baby get too hot. The baby could be too hot if you notice sweating, damp hair, flushed cheeks, heat rash, and rapid breathing. Dress the baby lightly for sleep. Set the room temperature in a range that is comfortable for a lightly clothed adult.
- 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.



Back to Sleep

- Place babies to sleep on their backs to reduce the risk of SIDS. Side sleeping is not as safe as back sleeping and is not advised. Babies sleep comfortably on their backs, and no special equipment or extra money is needed.

Tummy to Play

- "Tummy time" is playtime when infants are awake and placed on their tummies while someone is watching them. Tummy time allows babies to develop normally.

Safe Sleep Environment

- Place your baby in a safety-approved crib with a firm mattress and a well-fitting sheet (cradles and bassinets may be used, but choose those that are JPMA (Juvenile Products Manufacturers Association) certified for safety).
- Place the crib in an area that is always smoke free.
- Toys and other soft bedding should not be placed in the crib with the baby. These items can impair the infant's ability to breathe if they cover his face.
- If bumper pads are used in cribs, they should be thin, firm, well-secured, and not "pillow-like".

Spread the word about Back to Sleep

- When shopping in stores with crib displays that show heavy quilts, pillows, and stuffed animals, talk to the manager about safe sleep, and ask them not to display cribs in this way.
- **Monitor the media.** When you see an ad or a picture in the paper that shows a baby sleeping on her tummy, write a letter to the editor.
- If you know teenagers who take care of babies, talk with them. They may need help with following the proper safe sleep practices.
- **Set a good example** – realize that you may not have slept on your back as a baby, but we now know that this is the safest way for babies to sleep.

