

Safe While Asleep

Here are some important safety instructions to help promote safe sleep and reduce the risk of sudden infant death syndrome (SIDS).

Place your baby on his back, alone, in a crib, every time. No exceptions.

Use a firm sleep surface. A firm crib, bassinet, or playpen mattress covered with a fitted sheet is the best sleeping surface. Never put a baby down to sleep on a sofa, waterbed, adult bed, car seat, bouncer, or swing.

Keep soft objects and loose bedding out of the crib. No bumper pads, pillows, quilts, comforters, stuffed toys, or other soft objects.

Don't share a bed with your infant. Instead, keep your baby nearby in a crib or bassinet close to your bed for monitoring to reduce the risk of SIDS. Your baby should sleep in your room for six months to a year.

Allow pacifier use (without a string attached) at nap or bedtime.

The pacifier should not be forced on an infant who doesn't want it and should not be reinserted once the infant falls asleep.

Avoid overheating your baby. Infants should be lightly clothed for sleep. Bedroom temperature should be kept comfortable for an adult who is lightly clothed.



Children's Hospital
of The King's Daughters

CHKD.org/ParentingResources

Avoid commercial products marketed to reduce the risk of SIDS.

None have been tested sufficiently to prove they are safe or effective.

Breastfeed your baby, if you're able. Breastfeeding reduces the risk of SIDS.

Do not smoke or let anyone smoke around you before or after your baby is born. Smoking and secondhand smoke put your baby at greater risk of SIDS.

Make sure that everyone who cares for your baby follows these instructions. And remember, "Back to Sleep – Tummy to Play!" Babies should get plenty of "tummy time" when awake and when someone is watching. This helps to build neck, back, and arm strength and helps prevent flat spots on the head.

Too many babies die each year when asleep.

Sleep Safe

ALONE. BACK. CRIB. NO EXCEPTIONS.

Premature and low-birth-weight babies are more likely to die of SIDS than healthy, full-term babies. So get regular prenatal care and take good care of yourself while pregnant.

Your child's pediatrician should be your primary source of advice about your child's health.



For more information on health-related topics, visit our health library at [CHKD.org/HealthLibrary](https://www.chkd.org/HealthLibrary).