

Safe While Asleep

Here are some important safety instructions to promote safe sleep and reduce the risk of accident suffocation and strangulation in bed (ASSB) and sudden unexpected infant death (SUID), which includes sudden infant death syndrome (SIDS).

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

Use a firm sleep surface. A firm, safety-approved 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. If your baby falls asleep in one of these spaces, move them to a safe sleep surface as soon as possible.

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 SUID. 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 a baby 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. Use a wearable blanket to keep your baby warm instead of a loose blanket or other coverings, like a hat.



Children's Hospital
of The King's Daughters

[CHKD.org/ParentingResources](https://www.chkd.org/ParentingResources)

Avoid commercial products marketed to reduce the risk of SUID. No products, including heart rate monitors and breathable mattresses, have been tested sufficiently to prove they are safe or effective.

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

No one should smoke, vape, or be impaired around you before or after your baby is born. Smoking and secondhand smoke put your baby at greater risk of SUID. Exhaustion and substances like alcohol, illegal drugs, marijuana, and prescription medications can cause impairment.

Make sure that everyone who cares for your baby follows these instructions. And remember, **“Back to Sleep – Tummy to Play!”**

When awake, babies should get plenty of supervised “tummy time”. Begin with short periods of tummy time shortly after baby goes home and slowly increase to 15-30 minutes total per day by 7 weeks. This builds 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-birthweight babies are more likely to die of SUID than healthy, full-term babies. Make sure to get regular prenatal care and take good care of yourself while pregnant.

Your child's pediatrician should be your primary source of advice for your child's health. Be sure to keep up with your baby's medical visits and vaccinations.

