



# Safe Sleep Tips for Babies

- 1) **Always place baby to sleep on his or her back** to reduce the risk of sudden infant death syndrome (SIDS).
- 2) **Don't smoke around your baby.** Babies exposed to secondhand smoke are at a higher risk of sudden infant death.
- 3) **Don't place babies in ADULT beds.** There is a risk of suffocation from several hidden hazards such as:
  - Entrapment between the bed and wall or involving the bed frame, headboard or footboard.
  - Falls from adult beds onto piles of clothing, plastic bags, or other soft material resulting in suffocation.
  - Suffocation in soft bedding (such as pillows, thick quilts and comforters).
  - Overlay (causing suffocation) from others sleeping in the same bed.
- 4) **Remove all soft bedding** such as pillows, thick quilts, comforters, sheepskins and other pillow-like soft products before placing your baby to sleep to reduce the risk of suffocation.
- 5) **Make sure your crib meets current safety standards,** has a firm, tight fitting mattress and a tight-fitting bottom sheet.
- 6) **Only the mattress or pad provided by the manufacture** should be used with a portable crib or play yard.
- 7) **Don't overheat your baby.** Dress him or her in as much or as little clothing as you are wearing.

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