

## Breastfeeding is good for babies

- The more you breastfeed, the lower your baby's risk for SIDS.
- Breastfed babies have fewer colds and ear infections.
- Doctors tell parents to feed babies only breastmilk for the first 6 months.



## Babies need tummy time



- Just because you put your baby to sleep on their back doesn't mean tummy time isn't important!
- Babies need awake tummy time every day with an adult.
- Tummy time helps babies learn to crawl and move around.
- Some babies might not like tummy time at first. Put a toy close by for them to reach out and play with.

## Other Ways to Keep Baby Safe

- Babies should be held skin-to-skin with mom as soon after they are born as possible, at least for the first hour.
- Take care of yourself and your baby—eat well & see a doctor regularly.
- Stay up to date on all required shots for your baby.
- Give your baby a pacifier at nap time & bedtime.

# What is SUID?

Sudden Unexpected Infant Death (**SUID**) is the sudden death of a baby that occurs suddenly and unexpectedly before their first birthday. There are 3 types of **SUIDs**, Sudden Infant Death Syndrome (**SIDS**), **accidental suffocation and strangulation in bed** and **unknown causes**.

**It can happen... because it is happening!**

### Facts about SIDS

- SIDS is the most common cause of death in babies 1-12 months old.
- Most SIDS deaths happen in the winter.
- Boys are more likely than girls to die from SIDS.
- Black babies are twice as likely to die of SIDS as white babies.

### Accidental Suffocation & Strangulation

Babies who are not put to sleep safely could get hurt or even die. A baby could fall off a bed or sofa, get tangled in sheets and blankets, or get stuck between a mattress and a wall. A baby can also die when an adult or child rolls over on the baby while sharing a bed.

### Unknown Causes of Death

Cause of death of the baby cannot be determined after a thorough investigation.



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Keeping babies safe while sleeping is as easy as ABC.

# Alone Back Crib



For more information, find us online:

[www.PASafeSleep.org](http://www.PASafeSleep.org)



# The Safe Sleep Guidelines

Follow these 8 steps to keep your baby safe and healthy.\*

- 1. Put your baby flat on their back to sleep until their first birthday.**
- 2. A baby should sleep in the same room as an adult but in their own crib.**  
Never put your baby to sleep on a couch, chair, waterbed, or other soft space.
- 3. Don't put crib bumpers, blankets, pillows, or toys in your baby's crib.**
- 4. The only thing in the baby's crib should be a firm, flat mattress & fitted sheet.**
- 5. Never put your baby to sleep in a crib made more than 10 years ago or with missing or broken parts.**
- 6. Don't make the room your baby sleeps in too hot.** Avoid hats indoors, and dress your baby in no more than one layer more than you are wearing. Sleep clothing is safer than blankets. Do not place weighted clothing or weighted blankets on your baby.
- 7. Always put your baby back in their crib after feeding.\*\***
- 8. Keep your baby away from smoke, alcohol, marijuana, opioids, and illicit drug use.**

\* Recommended by the American Academy of Pediatrics (AAP)

\*\* Human milk feeding has been shown to reduce the risk of SIDS.

# Creating a Safe Sleeping Space for Your Baby

Remember to teach these tips to other people who take care of your baby!

## Safe Sleep



Corner posts should not go over 1/16" high.

Use a firm tight-fitting mattress.

Baby should be alone in the crib, with nothing other than a fitted sheet covering the mattress.

Bars on the crib should be tight together, without much space between them.

All parts of the bed should be tight, not loose.

## Dangerous!



No missing or broken pieces (screws, brackets etc).

Do not use crib bumpers, comforters, quilts or pillows.

Don't make the room your baby sleeps in too hot.

Never put stuffed animals or toys in your baby's crib.

No cutout shapes in the headboard or footboard.

## It is not safe to sleep in the same bed as a baby

Adults, children or pets who sleep or nap in the same bed as a baby are putting the baby at risk of injury or even death.

### Risks of sharing a bed with a baby

- Babies can roll off the bed & get hurt.
- Babies can get trapped between the bed and the wall and stop breathing.
- A sleeping adult or child may roll over on to the baby.
- Sleeping with comforters, blankets, quilts and pillows can be dangerous for babies who can become tangled up or be smothered.
- If you're feeding your baby & think you might fall asleep, feed your baby on your bed instead of a sofa or soft chair. If you do fall asleep, as soon as you wake up move the baby to their own crib.

