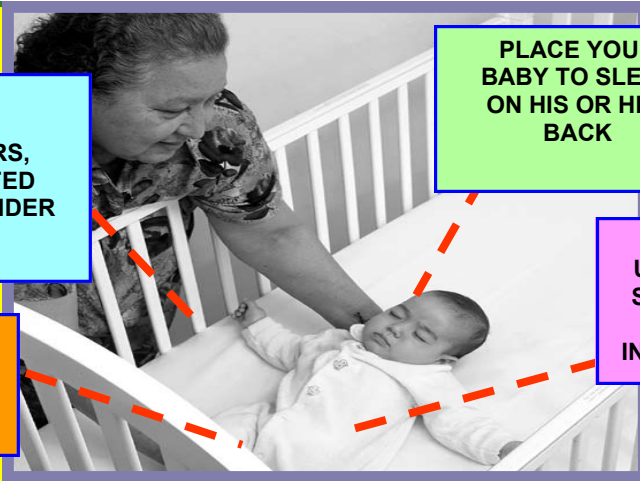


SAFE SLEEP FOR YOUR



REDUCE THE RISK OF SUDDEN INFANT DEATH SYNDROME AND OTHER SLEEP-RELATED DEATHS SUCH AS ACCIDENTAL SUFFOCATION AND STRANGULATION IN BED



DON'T USE PILLOWS, QUILTS, BUMPERS, LOOSE BEDDING OR STUFFED ANIMALS IN THE CRIB OR UNDER THE BABY

PLACE YOUR BABY TO SLEEP ON HIS OR HER BACK

BABIES SHOULD SLEEP IN THEIR OWN CRIB

USE SLEEP CLOTHING SUCH AS A ONE-PIECE SLEEPER INSTEAD OF A BLANKET

- ALWAYS PLACE BABIES ON THEIR BACKS TO SLEEP FOR NAPS AND AT NIGHT.
- DO NOT LET ANYONE SMOKE NEAR THE BABY.
- USE A FIRM MATTRESS IN A SAFETY APPROVED CRIB. COVER THE MATTRESS WITH A FITTED SHEET AND NOTHING ELSE.
- KEEP ALL SOFT OBJECTS, PILLOWS, STUFFED ANIMALS, LOOSE BEDDING AND BUMPERS OUT OF BABY'S CRIB.
- SHARE YOUR ROOM WITH YOUR BABY BUT NOT YOUR BED. BABIES SHOULD SLEEP IN THEIR OWN CRIB AND NOT WITH ADULTS, INFANTS OR CHILDREN, NOT EVEN A TWIN.
- USE A ONE-PIECE SLEEPER INSTEAD OF A BLANKET.
- OFFER YOUR BABY A CLEAN, DRY PACIFIER AT SLEEP TIME. IF YOU BREASTFEED WAIT UNTIL ONE MONTH OF AGE BEFORE DOING SO.
- DO NOT LET YOUR BABY OVERHEAT DURING SLEEP.
- BE SURE THAT NOTHING COVERS THE BABY'S FACE.

BREASTFEEDING AND KEEPING UP WITH IMMUNIZATIONS ALSO REDUCE THE RISK OF SIDS.



Do not forget "Tummy Time" when the baby is awake and is being watched.

**HAVE QUESTIONS?
PLEASE CONTACT
SIDS Center of New Jersey
800-545-7437
Fax: 732-235-6609 SCNJ@umdnj.edu**



Dedicated to the provision of: bereavement support, safe sleep education and the study of sudden infant death

This material was prepared in 2012 and is based on the most recently issued guidelines of the American Academy of Pediatrics Task Force on Sudden Infant Death Syndrome: SIDS and Other Sleep-Related Infant Deaths: Expansion of the Recommendations for a Safe Infant Sleep Environment. Safe infant sleep can reduce the risk of Sudden Infant Death Syndrome and other sleep-related deaths such as accidental suffocation and strangulation in bed. This guidance is intended for full term and preterm infants, with rare exception. Discuss these guidelines with your baby's health care provider.