SAFESLEEP KENTUCKY

Safe Sleep For Your Baby

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death

Always place baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.

Use a firm and flat sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet with no other bedding or soft items in the sleep area.

Share your room with baby. Keep baby in your room close to your bed, but on a separate surface designed for infants, ideally for baby's first year, but at least for the first six months.

Do not put soft objects, toys, crib bumpers, or loose bedding under baby, over baby or anywhere in baby's sleep area.

To Reduce the Risk of SIDS, Women Should:

- Get regular prenatal care during pregnancy.
- Avoid smoking, drinking alcohol, and using marijuana or illegal drugs during pregnancy or after the baby is born.
- Do not smoke during pregnancy, and do not smoke or allow smoking around your baby or in your baby's environment.
- Think about giving your baby a pacifier for naps and nighttime sleep to reduce the risk of SIDS. Wait until breastfeeding is well established (often by three to four weeks) before offering a pacifier.
- Do not let your baby get too hot during sleep.

Breastfeed your baby to reduce the risk of SIDS. Breastfeeding has many health benefits for mother and baby. New parents get tired. Exit the bed to prevent falling asleep together. This keeps your baby safe during feeding, snuggling, or even when using electronic devices.

Follow guidance from your health care provider for your baby's vaccines and regular health checkups.

Avoid products that go against the American Academy of Pediatrics safe sleep recommendations, even if they claim to decrease risk of Sudden Unexpected Infant Death (SUID).

Heart and breathing monitors are not proven to reduce the risk of SUID.

Give your baby plenty of tummy time when he or she is awake and someone is watching.

Kentucky Public Health
Prevent. Promote. Protect.