SAFESLEEP KENTUCKY

What Caregivers Need to Know

Every baby needs their own safe sleep space. Create a safe sleep space by following the ABCDs of safe sleep.

A	B	C	D
ALONE	BACK	CRIB	DANGER
Stay close, sleep apart	On their back for nights and naps	Clean, clear crib	Be aware, not impaired

Alone: Babies should always sleep alone. There should never be anything else in a baby's sleep space except for the baby. A pacifier is permissible if the baby uses one, but it should not be attached to a string, cord, stuffed animal or anything else.

Back: A baby should always sleep on his/her back for every sleep- both night time and naps. Back sleeping on a firm surface reduces the risk of SIDS.

Crib: A baby's crib should only contain a firm mattress covered by a fitted sheet; no blankets, toys, pillows, bumpers, or other items that could cover a baby's face and suffocate them.

Danger: Being tired, sleepy, exhausted or under the influence of alcohol or drugs (including some prescriptions) impairs one's ability to care for a baby, making bed sharing and other unsafe sleep practices more dangerous. Smart phones and other devices can take away from adequate supervision and lead to safety issues. They also reduce face-to-face interaction that is vital to a baby's emotional and intellectual development.

If you do not have a crib, bassinet or pack & play for your baby and cannot afford one, scan the QR code or visit Cribs for Kids at https://cribsforkids.org/our-partners/, or call your local health department for assistance.

SCAN ME

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Things to Remember

- Do not overheat a baby. If you are comfortable in light clothing, the baby will be too. Keep the room temperature at a comfortable setting for you.
- If your baby does require an extra layer for warmth, dress him/her in layers such as a onesie and a footed sleeper, or use a sleep sac over their clothing. Blankets should not be used in the bed for warmth.
- A baby should never sleep in a car seat, swing, infant seat, adult bed, couch, chair or any other item not designated for infant sleep.
- Keep your baby away from cigarette smoke, which includes e-cigarettes. This is a good time to make your home and car smoke free.
- Provide "Tummy Time" for your baby every day, while they are awake and an adult is watching. This helps with muscle development.
- Your baby may not stop crying no matter what you try. If you need to take time to calm yourself, place your baby in a safe sleep space (Alone, on their Back and in their Crib) and check on them every 15 minutes.

If your baby won't sleep and cries continuously:

- Check to see if your baby is hungry, tired or needs changing;
- Cuddle the baby in your arms, walk and sing with your baby;
- Take your baby outside (weather permitting);
- Give your baby a warm bath;
- Call a friend or family member to come watch your baby;
- Call the parent support line at 1-800-244-5373 or talk to your baby's doctor;
- No matter how frustrated you get, NEVER, NEVER, NEVER shake a baby.

Spread the Word

Share the ABCD's of safe sleep with everyone who cares for your baby, including babysitters and family members.

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