Safe Sleep Tips for Your Baby

- **Your baby should always sleep on his or her back for naps and at night.** The back sleep position is the safest. There is no increased risk of choking on vomit. Make sure anyone who takes care of your baby knows this.

- **Keep your baby's sleep area close to, but separate from, where you and others sleep.** Your baby should not sleep in a bed or on a couch or chair with adults or other children. If you bring the baby to bed with you to breastfeed, return him or her to a separate sleep area – crib, bassinet or cradle.

- **Place your baby on a firm sleep surface,** such as on a safety-approved crib mattress covered by a fitted sheet. Never place your baby to sleep on a couch or on pillows, quilts, sheepskins or other soft surfaces.

- **Keep soft objects, toys and loose bedding out of your baby's sleep area.** Don't use pillows, blankets, quilts or pillow-like bumpers in a baby's sleep area, and keep soft items away from the baby's face.

- **Never allow smoking around your baby.** Don't smoke before or after the birth of your baby, and don't let others smoke around your baby.

- **Never let your baby get overheated.** Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for you. If needed, natural fiber blankets are best.

- **Don't use products just because they claim to prevent SIDS.** No baby monitor or other device can prevent SIDS. If you have questions about the use of monitors for other conditions, talk to your health care provider.

- **Provide "tummy time"** by placing your baby on his or her stomach when your infant is awake and someone is watching. This reduces the possibility that flat spots will develop on a baby's head and helps develop neck and stomach muscles.

- **Be careful about breastfeeding in bed** or in any situation where you may fall asleep with your baby while breastfeeding. Never take prescription medicine, drugs, or alcohol that might make you drowsy or impair your judgment when breastfeeding and always put your baby back in his or her own crib or bassinet before you fall asleep.

REMEMBER to share this information with everyone who cares for your baby including grandparents and other family members, friends and child care providers.

A Message to Parents about Safe Sleep ...

As a parent and caregiver, you naturally want to protect your baby from harm. But many people don't know that how and where a baby sleeps can increase his or her risk of injury and even death. Co-sleeping, or having your baby share a bed with you, may be a common practice in many families, but it is not safe for your baby. Co-sleeping has been linked to tragic deaths in which babies suffocate. Babies are safest when they sleep near their parents or caregiver, but not in the same bed.

In addition to deaths associated with co-sleeping, some babies fall victim to Sudden Infant Death Syndrome (SIDS). The cause of SIDS is unknown but there are things you can do to reduce your baby's risk of SIDS, including placing your baby to sleep on his or her back and practicing the other safe sleep tips in this brochure.

Remember, babies need to be kept safe at all times, even while they sleep! For more information about safe sleep practices for babies, talk to your baby's doctor or call 1-888-First5LA (888-347-7855).

Brought to you by First 5 LA, the Los Angeles County Inter-Agency Council on Abuse and Neglect (ICAN), the Los Angeles County Department of Children and Family Services and the Los Angeles County Department of Public Health Maternal Child & Adolescent Health (MCAH) Programs.

In case of an emergency, please call 911.

For more information on safe sleeping, please contact the following organization:

ICAN
www.ican4kids.org
(626) 455-4585

FIRST 5 LA
Champions For Our Children
www.first5la.org
1-888-FIRST5-LA
(1-888-347-7855)

Los Angeles County
Department of Children
and Family Services
(800) 540-4000
www.lacdcfs.org

Los Angeles County
Sheriff's Department
(323) 267-4800
http://www.lasd.org/

County of Los Angeles
Public Health
Maternal, Child & Adolescent Health Programs
http://publichealth.lacounty.gov/mch
(213) 639-6400

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