

Safe Sleep Saves Lives

As a new parent, one of the most important decisions you will make is where your baby will sleep. The following information will help to keep your baby safe from Sudden Unexpected Infant Death Syndrome (SUID or SIDS), suffocation, and accidents during sleep.

The safest place for your baby to sleep, for at least the first six months of life, is in a crib* placed near your bed.

Ensure that you are putting together and using your baby's crib according to the manufacturer's guidelines.

- * Your baby's crib should meet current safety standards. For guidelines, visit www.cpsc.gov or www.jpma.org
- * For guidelines on using cradles and other products intended for sleeping babies instead of a crib, visit www.firstcandle.org. Click on Safety Tips for Infant Sleep Products.

Research Shows Pacifiers Can Greatly Reduce the Risk of Sudden Unexpected Infant Death Syndrome (SUID or SIDS).

Ways to use pacifiers:

- · Offer a pacifier at nap time and night time.
- The American Academy of Pediatrics states that if you are breast feeding, wait one month to offer a pacifier or until breastfeeding has been well established.
- Never use a pacifier to replace nursing or feeding.
- Don't worry about putting the pacifier back in your baby's mouth if it falls out when the baby goes to sleep.
- · Never coat your baby's pacifier with anything.
- Don't use a string or anything else to attach a pacifier around your baby's neck or to clothing.
- · Limit pacifier use to the first year of life.

The American Academy of Pediatric Dentistry also says that pacifiers will not cause long term problems for your baby's teeth if stopped by age three.



For more information contact Jefferson County Public Health at 303-232-6301.





Important Things to Know

Research shows that bed sharing (falling asleep with your baby) can be unsafe. The risk increases if:

- You smoked during pregnancy, or if you or your partner smoke now.
- · Your baby is less than 11 weeks old.
- Your baby was born early, or at a low birth weight.
- You or your partner have taken drugs, alcohol, or medications that make you sleepy.

Falling asleep with your baby on a couch or armchair is unsafe.

It is also unsafe for other adults, children, or pets to share a sleep surface with your baby.



Adult beds are not safe for sleeping babies.

- Soft bedding, such as pillows, blankets, and quilts increase your baby's risk for SUID and suffocation.
- Adults or other children in the bed can accidentally roll too close to or onto your baby while they sleep.
- Babies can get trapped between the mattress and the wall, headboard, footboard, or another piece of furniture.
- · Your baby could fall from the bed and get hurt.

Create a Safe Sleep Zone

- · Always place your baby on his or her back for sleep.
- Your baby should sleep on a firm mattress covered with only a tight fitting crib sheet.
- Use a wearable blanket or other type sleeper, instead of blankets, to keep your baby warm and safe.
- Soft or pillow-like bumpers, wedges, and positioning devices should never be used in your baby's sleeping area.
- Nothing except the baby should be in the crib.
 Do not leave stuffed animals or blankets in the sleep area.

Make sure your baby has a safe place to sleep at home, in child care, when visiting or when traveling.

Breast Milk Is Best for Your Baby's Health

If you can, give your baby only breast milk for the first six months.

Breast feeding gives you lots of time to cuddle and bond with your baby.

Breast feeding helps protect against many illnesses.

It's OK to nurse your baby in bed, but when it's time to go to sleep, place your baby in a separate, safe sleep area near your bed.

