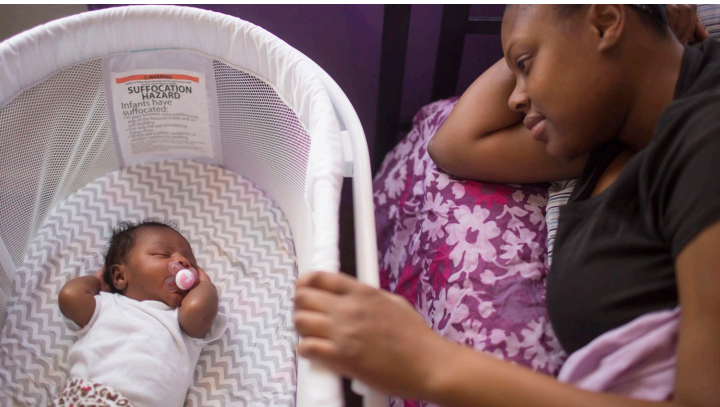




Children's Trust Fund

Missouri's Foundation For Child Abuse Prevention

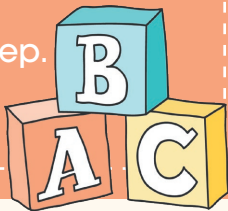
Strong Families, Safe Kids



Infant Safe Sleep

A Guide for Parents
& Caregivers

Know the ABCs of Safe Sleep.
Babies sleep safest Alone,
on their Backs, in a Crib.



My mother shared a bed with me as a baby.

Why should I do things differently?

We now know that many babies have died from accidental suffocation while sleeping in unsafe spaces, especially when bed sharing; most suffocation deaths are preventable.

Is a car seat or baby swing a safe place for my baby to sleep?

No. Your baby can't lie flat, so his or her head can tip forward. This can block baby's airway and cause suffocation.

Remember the ABCs of Safe Sleep.

Alone, Back, Crib for nap time, night time, every time.

The American Academy of Pediatrics (AAP) recommends the following to reduce the risk of suffocation and other sleep related death or injury:

Up to age one, always place your baby on his or her back to sleep alone for night time, nap time and every time. The back sleep position does not increase the risk of choking.

Place your baby alone in a safety-approved crib, bassinet or portable play area with a firm sleep surface and tight fitted sheet.

Babies should NOT sleep on an adult bed or other soft mattress, waterbed, sofa, recliner, chair, beanbag, pillow, cushion, bouncy seat, swing, other soft surface or in a car seat.

Breastfeeding is recommended.

If you bring your baby into your bed for feeding or comforting, you should return your baby to his or her own crib or bassinet when you are ready to return to sleep.

Your baby should sleep in the same room where you sleep, but alone in a separate safe sleep area.

Bed sharing is dangerous. Room sharing without bed sharing allows closeness with your infant and helps with feeding, comforting and monitoring your baby.

Remove all soft objects, toys, blankets, bumper pads, pillows and pets from the sleep area.

This will help prevent suffocation, entrapment and strangulation.

Avoid smoke exposure, alcohol and illicit drug use during pregnancy and after birth.

Do not smoke or allow smoking around your baby. Secondhand smoke and alcohol/drug use put babies at greater risk.

Avoid overheating and head covering.

Dress your baby in a sleeper, onesie or sleep sack instead of using a blanket.



Share this important information with everyone who cares for your baby.



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