

Tummy Time.

Babies are always placed on their backs for sleep, but when they are awake, babies need tummy time to make their upper body strong.

- Even newborns need tummy time.
- Never leave baby alone when on tummy.
- Always place baby on clean, safe surface for tummy time.
- Give baby tummy time every day.



More Safety Tips

- Avoid flattening of your baby's head by changing their positions every day.
- Don't use the car seat for sleeping or carrying baby when not in the car. They need a break from that position. Carry your baby in your arms instead to help them get strong.
- Change positions each time you feed your baby so their heads aren't always in the same position.



For more information please
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There's nothing sweeter
than a sleeping baby.



Safe Sleep, Safe Crib.
You can help.

1-800-432-SIDS



Reduce the Risk of Sudden Infant Death Syndrome and Accidental Suffocation

Safe Sleep.

For nap time and night time, always remember:

- Put baby on back to sleep, always.
- Even when baby can roll, place baby on back to sleep.
- Baby should always sleep in a crib alone.
- Do not cover baby's head or face when sleeping.
- Do not over dress baby. Diaper, undershirt, sleeper or SleepSack™ is enough for sleep.



- When weather is warmer, dress baby in less.
- One baby per crib! No sharing with sisters or brothers of any age, even twins.
- Keep baby's room temperature between 65 and 70 degrees.
- Baby does not need to wear a hat indoors.
- Offer baby a pacifier at sleep times from 1 month to 1 year of age, but do not force baby to use it.

Safe Crib.

- No bumper pads.
- No quilts or comforters.
- No pillows.
- No rolls or wedges.
- No stuffed animals.
- Use a tight fitted crib sheet.
- For sleep, a blanketless crib is best.
- Be sure crib slats are no more than 2 3/8" apart (no wider than a soda can).
- Change baby's position in crib every time you place baby to sleep. Example – naptime, baby's head at head of crib; next sleep time, baby's head at foot of crib; and so on.
- Do not buy a crib at a resale shop.
- Place baby's crib in parents' bedroom.

It's OK to use a port-a-crib, pack & play or playpen, but:

- Be sure mesh weave is less than 1/4" in size.
- Be sure mesh has no holes.
- Do not put blankets, pillows or anything soft under or over the pad on bottom.

WARNING!

- Do not put baby to sleep in an adult bed. Pillows, blankets and adults can cover baby's face. Baby cannot push them away.
- Never sleep with baby, especially in an adult bed.
- Do not put baby to sleep on couch, pillow or waterbed.
- Do not put baby to sleep in car seat or swing.
- Do not sleep with baby laying on your chest – that's tummy sleeping, too.



Healthy Baby.

It's easy to make sure your baby is healthy by remembering these rules.

- Visit your doctor, nurse midwife or clinic early in your pregnancy.
- Do not smoke during pregnancy and stay away from second-hand smoke.
- Do not allow smoking around your baby, in home or in your car.
- Do not take any medicine, including over the counter medicine, until you check with your doctor or nurse.
- Do not drink beer, wine or any alcohol while pregnant.
- Ask your doctor, nurse or dietician about ideas for a healthy diet.
- Take your baby to the doctor or clinic for regular checkups and baby shots.
- If you have any questions or worries talk to your doctor or call **1-800-432-SIDS.**



Share these important tips with anyone who cares for your baby!