

# Safe Sleep for Your Baby

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

## Do

- ❖ **Do** place your baby on his or her back to sleep, for naps and at night, alone, and in a crib.
- ❖ **Do** make sure the baby's crib has a firm mattress that fits snugly with no space between the mattress and the side of the crib, and a tight-fitting sheet.
- ❖ **Do** use a wearable blanket or other type of sleeper to keep your baby warm.
- ❖ **Do** make sure your baby has a safe place to sleep when visiting and traveling.

## Do Not

- ❖ **Do not** place pillows, bumpers, blankets, and stuffed toys in the baby's crib.
- ❖ **Do not** put your baby to sleep on an adult bed, sofa, waterbed, air mattress, or other soft surfaces - even for a nap.
- ❖ **Do not** let your baby get too warm. Keep the room temperature between 65-70 degrees.

## Adult beds are not safe for sleeping babies!

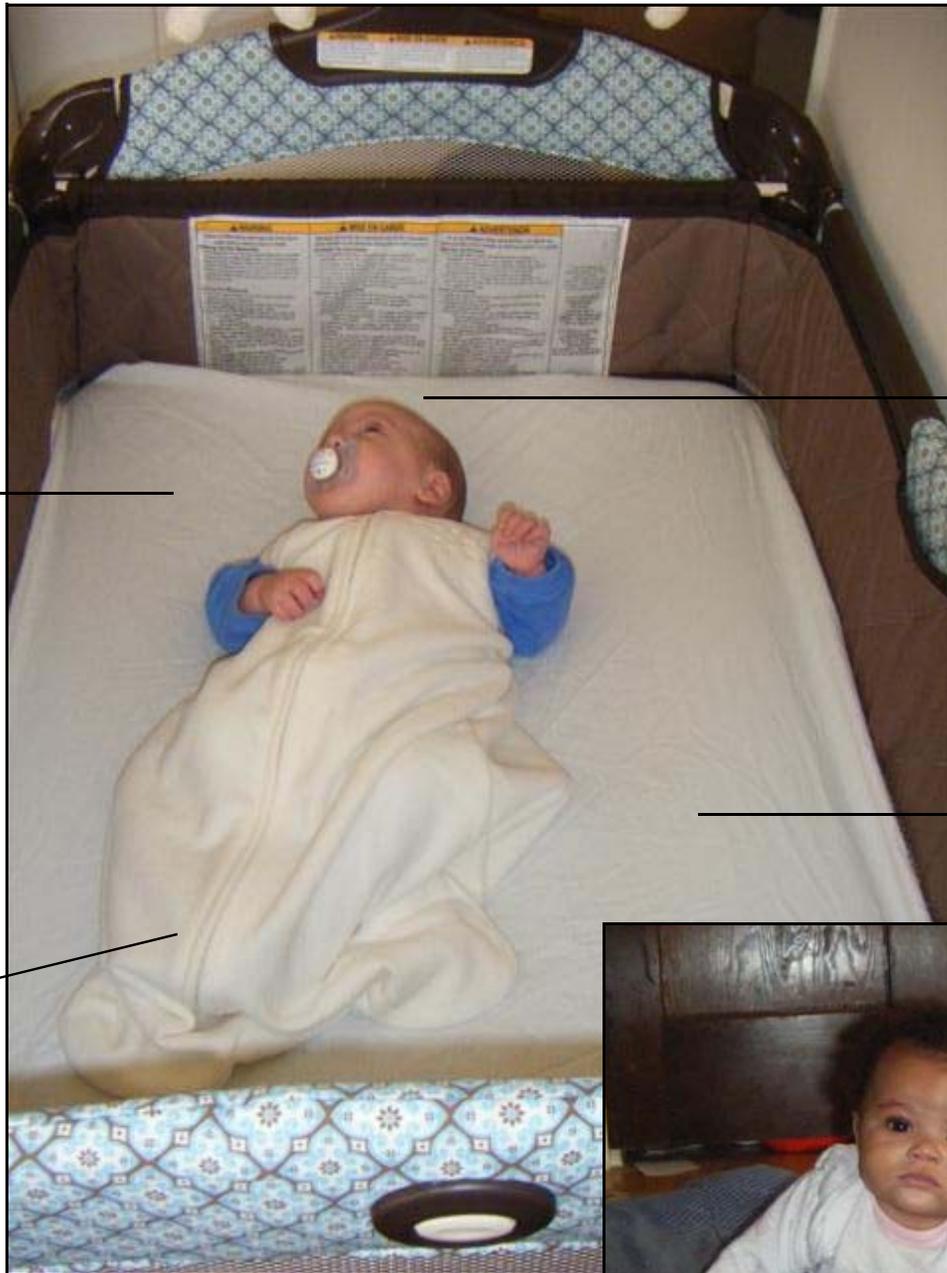
- Soft beddings, such as pillows, blankets, quilts and padded mattress tops, increase your baby's risk for SIDS and suffocation.
- Adults or siblings in the bed can accidentally roll onto your baby while they sleep.
- Babies can get trapped between the mattress and the wall, the bed, or other piece of furniture.

The safest place for your baby to sleep is alone and in a crib.

# What a Safe Sleep Area Looks Like

Always place your baby on his or her back to sleep, for naps and at night, alone, in a crib, bassinet, or portable crib.

Use a sleep sack instead of a blanket to keep your baby warm and safe. Keep the room temperature between 65-70 degrees.



Make sure nothing covers the baby's head.

Keep pillows, bumpers, blankets, and stuffed toys out of your baby's sleep area.

Do not let anyone smoke near your baby. Exposure to secondhand smoke increases the risk of SIDS.



Don't forget tummy time when the baby is awake and is being watched.

For more information on safe sleep, call  
Syracuse Healthy Start at 435-2000.



Onondaga County  
Health Department  
www.ongov.net

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