



Safe Sleep Tips

EVERY PARENT & CAREGIVER
SHOULD KNOW



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Everyone who cares for your baby should know how to ensure safe sleep for him/her. Use this list to make sure your baby's sleep environment is always a safe one.

FIRM SLEEP SURFACE

Use a firm, flat, sleep surface that fits snugly in a safety-approved crib.

BACK TO SLEEP

Always place babies to sleep on their backs.

SAME ROOM NOT SAME BED

Keep baby's sleep area (crib or bassinet) in the same room where you sleep for at least 6 months to 1 year.

SOFT OBJECTS FOR PLAY ONLY

Keep soft bedding such as blankets, pillows, bumper pads, & soft toys out of baby's sleep area.

NO LOOSE ITEMS

Remove any loose items (hats, blankets, headbands) from the baby before putting them to sleep.

AVOID OVERHEATING

Dress baby in 1 layer of clothing. Do not cover their head. Use a sleepsack or playsuit during colder months.

BREASTFEED IF YOU CAN

Exclusive breastfeeding for at least 6 months is shown to reduce the risk of SIDS or other sleep-related deaths/injuries.

MORE INFORMATION ON SAFE SLEEP PRACTICES CAN BE FOUND AT
AAP.ORG & SAFETOSLEEP.NICHD.NIH.GOV