

Follow these other safety-approved tips to keep your baby safe while sleeping:

- **Do not let your baby get too hot.** Keep room temperatures comfortable for an adult.
- Infants should receive **all recommended vaccinations.**
- **Breastfeeding is recommended** to help to reduce the risk of SIDS (Sudden Infant Death Syndrome).
- **Do not smoke** during pregnancy and after birth. Place the crib in an area that is always smoke-free.
- Give your baby **"tummy time"** when he is awake and someone is watching. "Tummy time" helps prevent flat spots on your baby's head, and also helps their head, neck, and shoulder muscles get stronger.
- **Consider using a pacifier** at nap time and bed time, once breastfeeding is established.
- Obtain **regular prenatal care** to reduce the risk of SIDS even before birth.
- **Avoid alcohol and illicit drug use** during pregnancy and after birth.
- Talk to those who care for your baby, including **child care providers, family, and friends, about placing your baby to sleep, alone, on his back, in an empty crib for every sleep.**

Share these tips with everyone who cares for baby!

Knox Community 
HOSPITAL

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www.SafeSleep.Ohio.gov

 Ohio | Department of Health

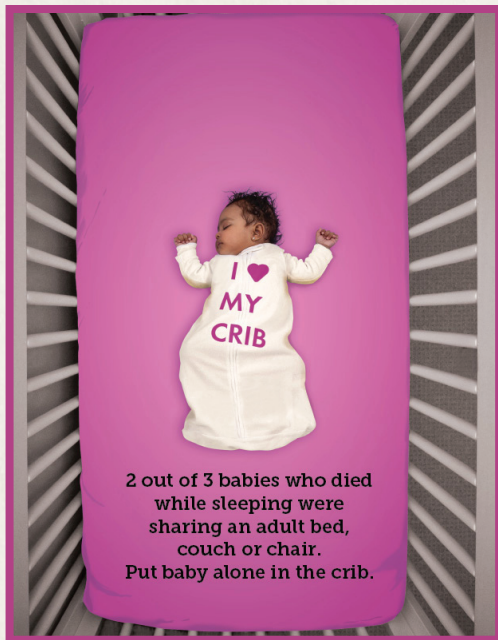
**Every week in Ohio...
3 babies die in unsafe
sleep environments.**



Follow the ABCs of Safe Sleep
Alone. Back. Crib.

Every Baby. Every Sleep.

www.SafeSleep.Ohio.gov



Share the room, not the bed. Always place your baby alone in a crib, bassinet, or play yard with a firm mattress. The safest place for your baby to sleep is in your room (within arm's reach), but not in your bed. This way, you can easily breastfeed and bond with your baby. Never nap on a couch or chair while holding your baby and don't lay your baby down on adult beds, chairs, sofas, waterbeds, air mattresses, pillows, or cushions.

You should never share the bed with your baby because:

- You can roll too close to or onto your baby while she sleeps.
- Babies can get stuck between the mattress and the wall, headboard, footboard or other furniture.
- Your baby could fall off the bed and get hurt, or fall onto something on the floor and suffocate.



Back is best for baby. Always put your baby to sleep on his back. Healthy babies naturally swallow or cough up their spit up, so your baby will not choke if he's on his back.

It's also safer for your baby to wake up often during the night on his back.

If your baby is sleeping on his tummy and needs to take a deep breath, it could be dangerous because:

- He may be unable to move his head.
- His mouth or nose may be blocked and he could suffocate, even in a bare crib.
- The air people breathe out is filled with carbon dioxide, or "bad air," and your baby could keep breathing "bad air" and suffocate.



Bare is Best. Many parents believe their baby won't be safe and warm without bumper pads, blankets, pillows, and stuffed animals, but these items can be deadly. Babies can suffocate on any extra item in the crib.

Place your baby to sleep in a safety-approved crib with a firm mattress covered by a fitted sheet. Sleep clothing like fitted, appropriate-sized sleepers and sleep sacks, are safer for baby than blankets!

If you use a safety-approved crib, baby's hand or foot won't get caught.

Many parents think baby will get hurt if they don't use bumper pads, but this isn't true because:

- Babies don't have enough strength to hurt themselves.
- No babies have seriously hurt themselves by getting stuck between the crib railings.