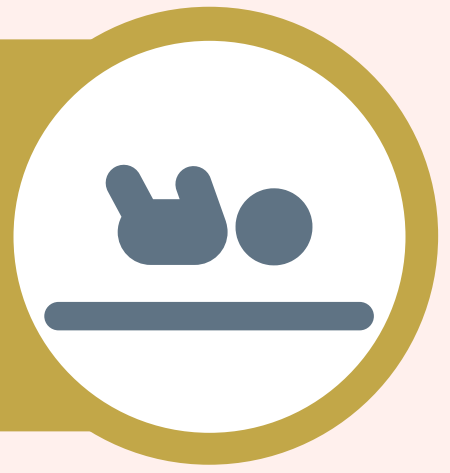


INFANT *Safe Sleep*

BACK TO SLEEP

Always place baby on their back when laying them in their crib or bassinet. Once baby is able to roll to their belly, you can let them stay on their belly to sleep.

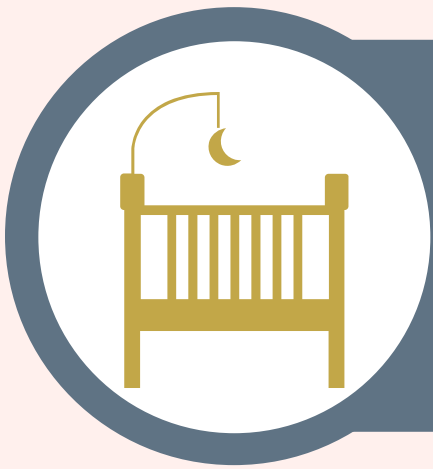
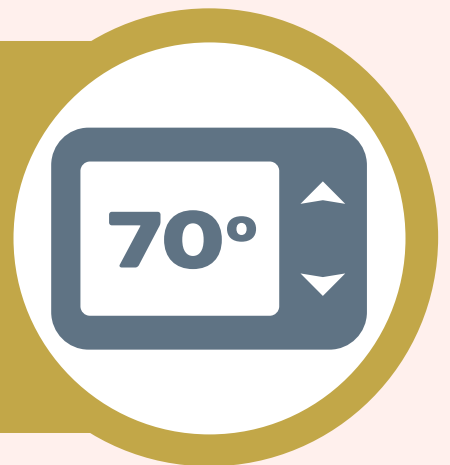


NOTHING IN THEIR SLEEP SPACE

Babies should not have blankets, pillows, bumpers (even mesh), or stuffed animals in their beds until at least 12 months of age, per the AAP.

SAFE TEMPERATURE

Babies can easily overheat. The best temperature for their sleep environment is 68-72 degrees. If you are fearful they will get too cold, they can wear a sleep sack to stay warm.

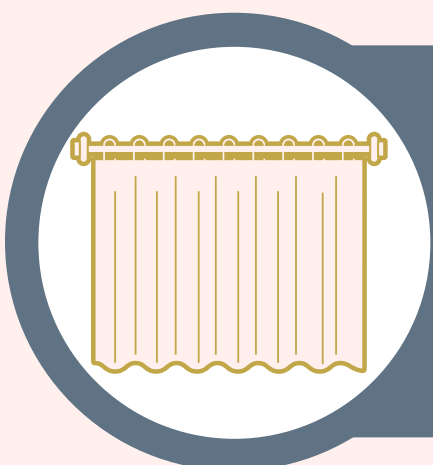


SAFE SLEEP SPACE

Baby's mattress should be firm, not soft and covered with a tightly fitted sheet. Babies should not sleep in adult beds or on sofas, loungers, rock and plays, in their swings or in a carseat that is not securely installed inside the car or on the stroller. Once the car seat is removed from the base or stroller, the baby should be transported to their crib or bassinet to sleep.

OTHER TIPS

- Pacifiers at sleep time reduce the risk of SIDS
- Room sharing (NOT bed sharing) helps to reduce the risk of SIDS
- Breastfed babies are at a reduced risk for SIDS



IDEAL SLEEP ENVIRONMENT

Temperature - between 68-72 degrees
Use a sound machine set between 50-65 decibels
Dark room! Blackout curtains are your friend!
Nap in same location as nighttime sleep!