

Keep your baby safe during sleep.

One of the most important things a baby needs is a safe place to sleep.

During their first year of life, sleeping babies have died accidentally from:

- Suffocation
- Smothering
- Becoming wedged or trapped under someone or tangled in bedding
- Sudden Infant Death Syndrome

There are a number of things you can do to help keep this from happening to your baby.

Safe sleep for your baby is as simple as **“ABC.”**

Babies should sleep...

Alone, on their **B**acks, in a **C**rib.

The Risks of Bed-Sharing

Adults or children who sleep or nap with an infant put the baby at risk for accidental injury or even death.

- A sleeping adult or child may roll over on the baby, causing injury or suffocation.
- Babies can roll off a bed or couch and hurt themselves.
- Infants can get trapped between the bed and wall or bed frame or between the cushions on a couch and stop breathing.

For more information about safe sleep for your baby visit:
<http://health.mo.gov/living/families/babies/safesleep/index.php>

1-800-877-6246

1-800-835-5465 (TEL-LINK)



Missouri Department of Health and Senior Services
Bureau of Genetics and Healthy Childhood
P.O. Box 570
Jefferson City, MO 65102-0570
1-800-877-6246

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 1-800-877-6246. Hearing- and speech-impaired citizens can dial 711.

AN EQUAL OPPORTUNITY/
AFFIRMATIVE ACTION EMPLOYER
Services provided on a nondiscriminatory basis.

#674 03/12

Safe Sleep for Your Baby

A guide for parents & caregivers

Protect Your Baby ...

- Babies should be placed on their backs every time they sleep - at nap time as well as at night.
- Babies should always sleep alone in a crib.
- Use a firm crib mattress with a tight-fitting sheet.
- Keep soft objects and loose bedding like bumper pads and blankets out of the crib.
- Dress your baby in a sleeper or sleep sack instead of using a blanket.
- Do not place babies on a soft mattress, waterbed, couch, chair, pillow, comforter or other soft, fluffy surface.
- Do not smoke while you are pregnant or after your baby is born. Smoking during pregnancy or exposing infants to secondhand smoke puts them at greater risk for Sudden Infant Death Syndrome (SIDS).

DANGER!



Don't place babies on their stomach to sleep.

Don't use bumpers, comforters or quilts in the crib.

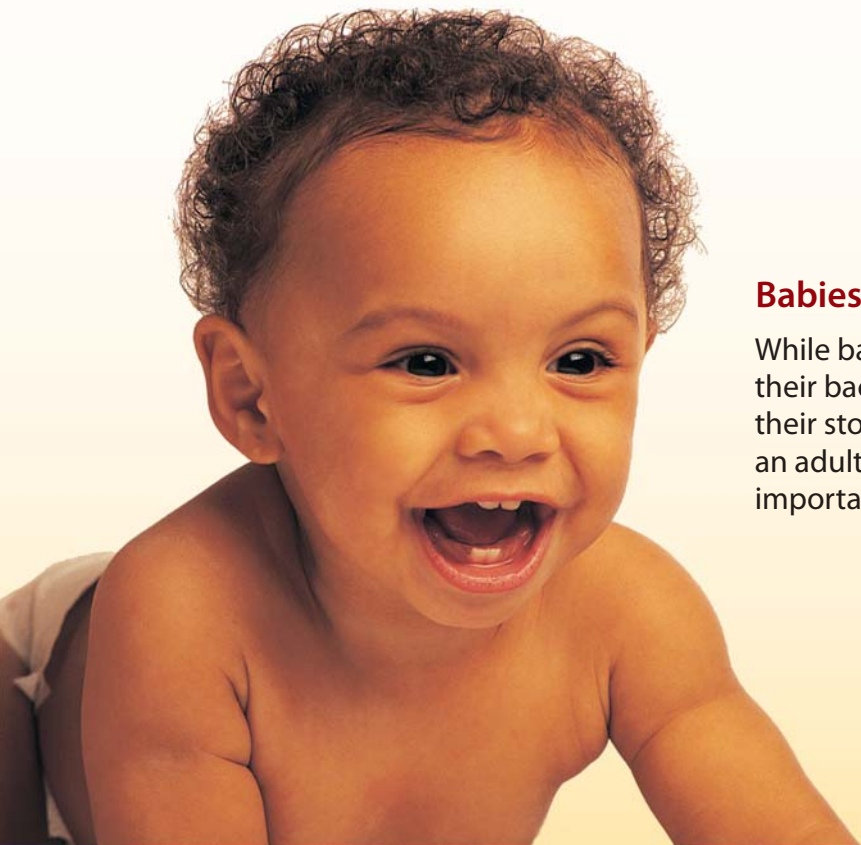
Don't put pillows or toys, including stuffed animals, in the crib.

Don't dress babies too warmly.

Don't use an older crib with openings wider than a soda can (2 3/8 inches).

Babies Need Supervised Tummy Time

While babies should always be placed on their back to sleep, they need to be put on their stomach to play in the presence of an adult. Tummy time strengthens muscles important to your baby's development.



Make sure others who care for your baby know about safe sleep!