Infant SAFE SLEEP Guidelines

- Always **place your baby on his or her back to sleep**, for naps and at night.
- Use a **firm sleep surface**, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- **Avoid wedges, positioners or other products** unless prescribed by your baby's doctor.
- **Keep pillows, bottles, toys, crib bumpers, and loose bedding out** of your baby's sleep area.
- **Don't sleep with your baby in a bed, on a chair or couch** – put your baby in his or her own bed.
- Keeping your **baby's sleep area in the same room where you sleep reduces the risk of SIDS** and other sleep-related causes of infant death.
- Offer your baby **a pacifier that is not attached to a string** for naps and at night. If your baby is breast-fed, wait until your baby is one month old before offering a pacifier.
- **Keep your baby warm, but not hot.** Dress your baby in one layer of clothing extra than what you would wear to be comfortable and leave the blanket out of the crib.
- **Follow your health care provider's guidance on your baby's vaccines and regular health checkups.** Talk with your doctor if you have any questions about how your baby sleeps.
- Give your baby plenty of **time on his or her tummy when awake and when someone is watching.**
- **Do not smoke or allow smoking around your baby.**
- Place your **baby's crib away from curtains or blinds** to avoid strangulation by cords.
- Make sure anyone caring for your baby knows about **safe sleep practices.**

*The actions listed here are based on recommendations from the American Academy of Pediatrics Task Force on SIDS.

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