



Safe sleep for your baby

This card offers some safe sleeping tips that have been shown to reduce the risk of SIDS and accidental suffocation.

*For more information about **Safe Sleep** for your infant, please visit these websites:*

SAFE START

safestartnw.org

AMERICAN ACADEMY OF PEDIATRICS

www.healthychildren.org

MARY BRIDGE CHILDREN'S

www.marybridge.org/services/childhood-safety/safety-information/help-your-baby-sleep-safely

- ! Continued breast or chest feeding may reduce your baby's risk of SIDS.
- ! No one should smoke around your baby. For help quitting: www.smokefree.gov.
- ! Have your baby fully vaccinated. This may reduce the risk of SIDS.

If you would like copies of this document in an alternative format or language, please contact DCYF Constituent Relations (1-800-723-4831 | 360-902-8060, ConstRelations@dcyf.wa.gov).

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CHILDREN, YOUTH & FAMILIES

Keep your baby safe while asleep.



I need my own safe sleep space every time I sleep. Sleeping on a couch or chair is dangerous for me.

Once breast or chest feeding is going well I might like a pacifier. This may reduce the risk of SIDS.

Put me on my back to sleep at night and for naps – every time.

I need a firm mattress and fitted sheet. Keep blankets, pillows, bumper pads, and toys out of my crib.

Dress me warm enough to sleep without covers. A light sleep sack works great.

Reduce the risk of Sudden Infant Death Syndrome (SIDS).

Make sure everyone that takes care of your baby knows about safe sleep.

Bed-sharing is a risk factor for SIDS and can also lead to suffocation. A baby can suffocate if:

- They get trapped between a sleeping surface and the body of a caregiver, a brother or sister, or the wall.
- The caregiver or another child rolls over onto the baby.
- There is soft bedding like pillows or comforters on the bed.

Sharing a room with your baby is safer than sharing a bed with your baby.

Based on 2022 recommendations of the American Academy of Pediatrics