

Infant Safe Sleep

To reduce the risk of SIDS, create a safe sleep environment for your baby. Here's how:

Sleep Position

- Always place your baby on their back for naps and bedtime. This reduces the risk of sudden death compared to stomach or side sleeping. Babies with GERD should also sleep on their backs.
- If your baby rolls onto their stomach, it's safe if they can roll both ways. Ensure there are no soft items in the crib that could block airflow.

Sleep Surface

- Use a firm, flat sleep surface like a crib, bassinet, or play yard meeting CPSC standards. Avoid any surface with an incline over 10 degrees.
- Ensure the mattress fits snugly with only a fitted sheet, and check for product recalls.
- Don't use inclined sleepers, hammocks, or products not specifically marketed for sleep.

Co-sleeping

- Never sleep with your baby. Instead, room share for at least the first 6 months. Place the crib or bassinet near your bed.
- If you might fall asleep while feeding or comforting your baby, ensure the bed is free of pillows, sheets, and blankets. Move your baby to their crib once you wake up.
- Avoid sleeping on couches or armchairs with your baby.

Bedding and Room Temperature

- Keep soft objects and loose bedding out of the crib. Dress your baby in one more layer than you would wear, but avoid overheating and never use weighted blankets or clothing.

Breastfeeding and Pacifiers

- Breastfeed as it reduces SIDS risk. Introduce pacifiers at naptime and bedtime after breastfeeding is established.
- If the pacifier falls out, you don't need to put it back in.

Health and Lifestyle

- Get regular prenatal care and avoid smoking, alcohol, and drugs during and after pregnancy.
- Keep your baby's environment smoke-free, including avoiding e-cigarettes and vaping.
- Ensure your baby receives all recommended immunizations during well-child visits.

Tummy Time

- Give your baby supervised tummy time daily to support motor development and prevent flat head syndrome.

Swaddling

- Swaddle your baby only if they can't roll over yet, ensuring the swaddle is not too tight.

Product Safety

- Avoid products that claim to reduce SIDS risk without evidence. Home monitors are not a substitute for safe sleep practices.

By following these guidelines, you can create a safer sleep environment and reduce the risk of sleep-related infant deaths.