

SAFE SLEEPING

Each year, many infants die or are severely injured as a result of an unsafe sleeping environment. Here are some tips for assuring that your infant's sleeping environment is a safe one.

RECOMMENDATIONS:

In order to assure that infants one year of age and younger are in the safest possible sleep environment, it is recommended that an infant:

- Is placed to sleep on their back in the same room as the parent
- Sleeps on a separate sleep surface that is firm and flat; this includes a crib or bassinet in the room near the parent's bed
- Never allow your infant to sleep alone or with anyone else on a couch, chair, water bed, or other soft surface
- Don't use heavy blankets, pillows, or comforters
- Be sure your baby is not overheating and that they are not over bundled
- Dress your infant in a sleeper or sleep sack so his head and face do not get covered by a blanket

OTHER RECOMMENDATIONS:

- Be especially careful not to smoke in a home with an infant. The chances of a child dying of SIDS (Sudden Infant Death Syndrome) are much higher around smoke.
- Never sleep with a child if you are under the influence of drugs, alcohol, or medicines that make you sleepy.
- ***The safest sleeping conditions for a child under one year old are on their back in a separate sleep surface without any loose bedding, bumper pads, toys, etc.***