

# PREVENTION WEDNESDAY

SUN MON TUE

THUR FRI SAT

City of Baltimore

Health Department

## Reducing Infant Death through Safe Sleep Practices

The risk of suffocation and death increases when infants are put to sleep in unsafe environments or positions.

Unsafe locations include sleeping with a family member or friend on an adult bed, sofa or other soft surface, like pillows or blankets.

Follow the *ABC's of safe sleep* during naps and at bedtime to protect your baby from SIDS and suffocation.



### *The ABC's of Safe Sleep:*

- ❖ Your baby sleeps safest **alone**
- ❖ Your baby sleeps safest on his **back**
- ❖ Your baby sleeps safest in her **crib**

### Prevention at your fingerTIPS:

Tips to create a safer sleep environment for your baby:

- Tip 1** Always place your baby on his or her back to sleep, for naps and at night.
- Tip 2** Sleep within easy access of your baby but do not sleep sharing a bed, chair or sofa.
- Tip 3** Ensure baby's sleep surface is firm and covered with a fitted sheet.
- Tip 4** Remove bumper pads and toys from baby's sleep area.
- Tip 5** Never smoke, or allow others to smoke, around your baby.
- Tip 6** Keep strings from blinds or curtains away from crib and out of baby's reach.
- Tip 7** Dress baby in light sleep clothing and keep room at a comfortable temperature.

Order a **Safe Sleep Onesie** on-line at:

[www.firstcandle.org/special\\_events/safesleep.html](http://www.firstcandle.org/special_events/safesleep.html)

or call 1-800-221-7437

## Resources and References

---

### **National SIDS Infant Death and Resource Center**

<http://www.sidscenter.org/>

### **Safe Sleeping Tips from First Candle**

[http://www.firstcandle.org/expectantparents/exp\\_reduce\\_safe.html](http://www.firstcandle.org/expectantparents/exp_reduce_safe.html)

### **American Academy of Pediatrics: Policy Statement (2005)**

<http://aappolicy.aappublications.org/cgi/content/abstract/pediatrics;116/5/1245>

### **A Parent's Guide to Safe Sleep**

<http://www.healthychildcare.org/pdf/search=%22Safe%20Sleep%22>

### **Safe Sleep for Your Baby Brochure**

[http://www.nichd.nih.gov/publications/pubs/upload/safe\\_sleep\\_aa.pdf](http://www.nichd.nih.gov/publications/pubs/upload/safe_sleep_aa.pdf)

### **Impact of Back to Sleep Campaign on SIDS rates**

[http://www.nichd.nih.gov/sids/upload/SIDS\\_rate\\_backsleep\\_03.pdf](http://www.nichd.nih.gov/sids/upload/SIDS_rate_backsleep_03.pdf)

### **SIDS Facts**

[http://www.cmh.pitt.edu/pdf/aahpc/mortality\\_1.pdf](http://www.cmh.pitt.edu/pdf/aahpc/mortality_1.pdf)

### **Consumer Product Safety Commission: Crib Safety and SIDS Reduction**

<http://www.cpsc.gov/CPSCPUB/PUBS/cribsafe.html>