

Safe Sleep for Babies



BACK TO SLEEP

- Babies should be placed to sleep on their backs at all times.
- Babies can be placed on their tummies to play.

Acueste a su bebé boca arriba para dormir, durante sus siestas y en la noche.



IN MY OWN SPACE

- Babies sleep safest alone. Being close to a caregiver is important, but a separate sleep space in their own crib is safest.

El bebé debe dormir en su propia cuna.



BY MYSELF

- Babies should sleep on a firm surface, preferably a crib mattress.
- Avoid large blankets, stuffed animals, cushions, pillows and soft materials in baby's sleep area.
- Make sure baby's sleep area is free of blind cords, bumper pads and other suffocation risks.

Mantenga las almohadas, cobijas acolchonadas, animales de peluche y juguetes fuera de la cuna.

**Rules apply to Pack 'N Plays® and bassinets. Share these tips with others who care for your baby.*

These safe sleep practices can prevent sleep-related suffocation. To reduce the risk of sudden infant death syndrome (SIDS):

- Use a pacifier when placing baby to sleep (after one month for breast-fed babies).
- Don't smoke around baby.
- Ensure the room where baby sleeps does not get too hot.
- Breast-feed baby as long as possible.
- Keep vaccines current.

Information compiled from the American Academy of Pediatrics by Carolinas Center for Injury Prevention with support from the Child Fatality Prevention Team. Consult your pediatrician for additional guidance.



Carolinas HealthCare System