



Division of Child Care and
Early Childhood Education



**Weekly education units
for childcare facilities**



ALONE

Remove from your baby's crib:

- bumper pads
- blankets
- pillows
- all loose bedding
- comforters
- quilts
- sheepskins
- wedges/positioners

No animals (stuffed or alive) or people

ON THEIR BACK

Place baby on their back for every nap and bedtime

- If they roll you can leave them

Back for sleep, tummy to play

- Babies need tummy time to develop different muscles, but only while they are awake and supervised by an adult



IN A CRIB

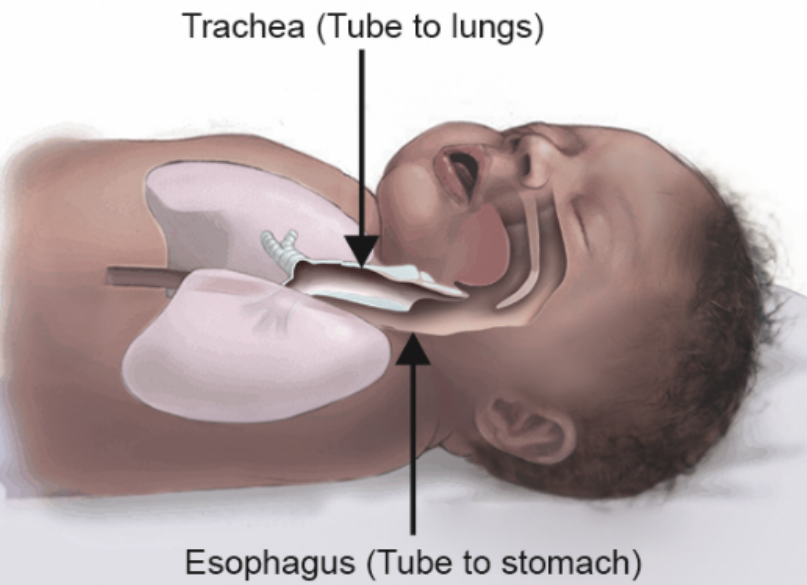
- The crib should be right for the infant's age and the design should be approved by the Consumer Product Safety Commission.
- It can be a Pack-N-Play, bassinet, or crib.
- Never let baby sleep on a couch, chair, or other soft surface.
- Do not let baby sleep in a car seat, baby swing, or bouncer.

SHARE A ROOM, NOT A BED

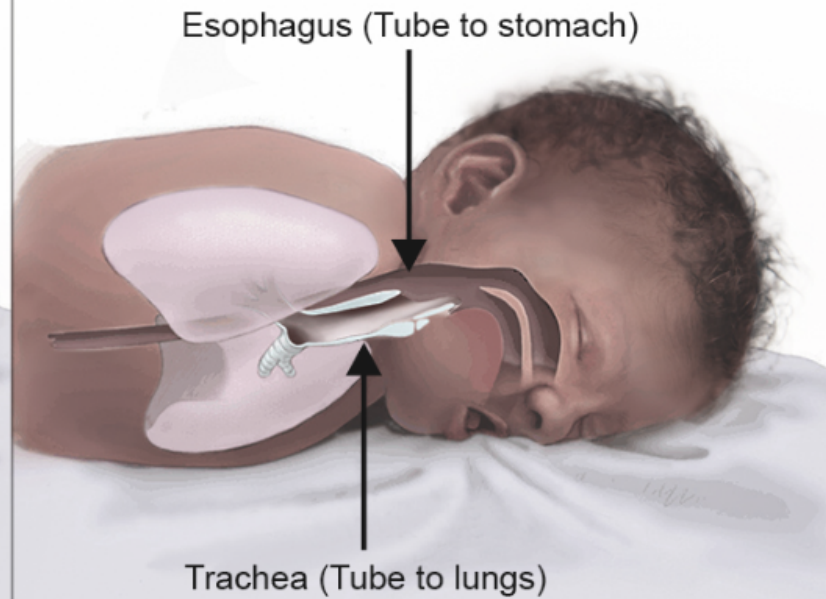
- Helps breastfeeding, bonding, and safety.
- Avoid risks of adult beds: soft mattresses that don't support infant's neck, or comforters and pillows that can suffocate a baby.
- Placing the crib in your room until baby is 1 year old, keeps you close and baby safe.



Baby in the back sleeping position



Baby in the stomach sleeping position



Avoid alcohol and drug use while pregnant and after birth.

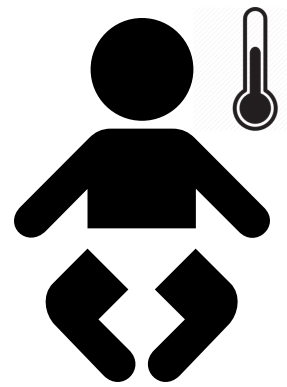
- There is a greater risk of SIDS when mom drinks alcohol or uses drugs before or after birth.
- Mothers should not drink alcohol or use drugs before or during pregnancy.
- Alcohol and/or drug use before bed-sharing places the infant at extremely high risk of SIDS.

Avoid being around smoke while pregnant and after birth.

- Smoking while pregnant, and smoke in the infant's surroundings after birth, are major risk factors for SIDS.
- Mothers should not smoke while pregnant or after the infant's birth.
- There should be no smoking near pregnant women or infants. Set strict rules for smoke-free homes and cars. Try to eliminate secondhand tobacco smoke from all places where children spend time.
 - Secondhand smoke: the smoke from tobacco that is breathed by others.
 - Thirdhand smoke: the tobacco smoke that gets onto surfaces and is passed to others by touching or breathing. Thirdhand smoke may react with objects in the environment creating other pollutants.
- The risk of SIDS is particularly high when the infant shares a bed with an adult smoker, even when the adult does not smoke in bed.

Avoid Overheating

- Set the temperature in the room to the same temperature for an adult (around 70-74 degrees).
- Dress the baby in the same amount of layers you have on
- Do not cover babies head/face



How to Dress Baby for Naps/Bedtime

- Remove all baby clothing with ties or strings, including jewelry
- Remove baby hats
- Remove any clothing with hoods
- Babies can wear onesies or sleeper
- Consider using a sleep sack/ wearable blanket instead of a loose blanket.



Things you can do to protect your baby.

Breastfeed if you can.

- Breastfeeding lowers the risk of SIDS.
- Mothers should only breastfeed or feed with expressed milk (i.e., don't offer any formula) for 6 months.

Try using a pacifier at nap time and bedtime.

- Offer the pacifier when placing the baby down for sleep. If it falls out, just leave it out. Don't force baby to take it. You can keep offering the pacifier when you put baby down to sleep.
- Because it could harm baby, pacifiers should not be hung around the baby's neck or tied to baby's clothing.
- Wait to give a pacifier until breastfeeding is a habit.

Go to all your doctor's appointments while pregnant.

- There is much lower risk of SIDS for baby if mom goes to all her doctor's visits while pregnant.
- Follow the schedule for doctor's visits.

Infant's immunizations should follow the recommendations of the AAP and Centers for Disease Control and Prevention.

- There is no evidence that immunizations cause SIDS.
- Recent studies suggests that vaccinations may protect against SIDS.