

A GUIDE TO

# Safe Sleep



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You Can Help Reduce the Risk of

# Sudden Infant Death Syndrome

**(SIDS)** by Following These Simple  
Safe Sleep Guidelines.



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# Safe Sleep Habits Start Early.

To create a safe sleep environment for your baby, keep the crib free of bumpers, pillows, blankets and toys.

**The safest place for your baby to sleep is in the same room where you sleep.**

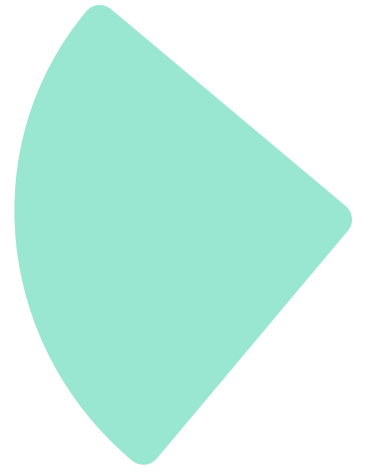


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# What is SIDS?



"Sudden Infant Death Syndrome (SIDS) is a term used to describe the sudden and unexpected death of a baby less than 1 year old in which the cause was not obvious before investigation. Most SIDS deaths happen when babies are between 1 month and 4 months of age.

These deaths often happen during sleep or in the baby's sleep area. Sudden unexpected infant deaths include sudden infant death syndrome (SIDS), accidental suffocation in a sleeping environment, and other deaths from unknown causes." Source: CDC

## The Power of Knowledge Has Dramatically Reduced SIDS!



Since the 1990s, when the U.S. back-sleeping recommendations were first released and public awareness efforts began, the overall SIDS rate has dropped by about 50 percent. This lower rate equals thousands of babies' lives saved every year! There's still work to be done! And with the right knowledge and resources, you can help us make another dramatic reduction in SIDS!

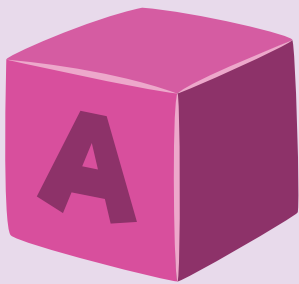
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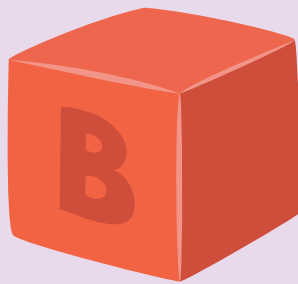
# What can I do to protect my baby from SIDS?

When it comes to your baby's safety, there are no shortcuts. Make sure you always place your baby alone, on their back, in a crib, every time. Safe sleep is as simple as A, B, C!



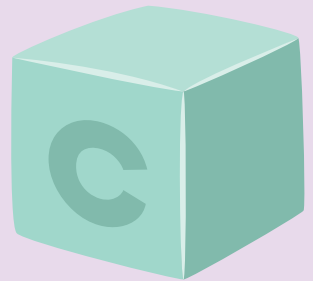
**Alone**

Baby should sleep alone.



**Back**

Baby should sleep on their back.



**Crib**

Baby should sleep in a crib.



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# Not All Nurseries Are the Same



# Room Sharing

- The safest place for your baby to sleep for the first 6 months is in a crib in the same room as you.
- Room sharing makes breast-feeding easier. Breastfeeding has many health benefits for mother and baby. Babies who breastfeed exclusively are at lower risk for SIDS than babies who were never fed breastmilk. The longer a baby is exclusively breastfed, the lower the risk.
- Avoid parent and infant exposure to nicotine, alcohol, marijuana, opioids, and illicit drugs.

## Crib

- The American Academy of Pediatrics recommends parents use cribs. However, many families find bassinets or portable play yards with a firm, flat mattress and a fitted sheet more convenient, so the AAP have updated their recommendation to include these items.
- Never sleep with a baby on a sofa or armchair.

## Back Sleeping

- Babies should always sleep in a crib or bassinet, or portable play yard on their back, without soft toys, pillows, blankets or other bedding.
- Keep your baby safe and comfortable by monitoring the temperature during sleep; not too hot, not too cold.
- Sitting devices, such as car seats, strollers, swings, infant carriers, and infant slings, are not recommended for routine sleep in the hospital or at home, particularly for infants younger than 4 months.



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# Black Dads Matter

Today's dads spend triple the amount of time caring for their children than dads did years ago! You've got a lot on your plate, but the love and support you provide to your family is so rewarding. That's why it's important as a dad you understand how to reduce the risk of sudden infant death syndrome (SIDS).



## Here are some key things to think about, plan and do to keep your baby sleeping safe and comfortable:

Always place your baby on his or her back to sleep for naps and at night.

Use a firm sleep surface, such as on a safety-approved crib mattress, covered by a fitted sheet.

It is unsafe for baby to sleep on pillows, quilts, or other soft surfaces. Keep soft objects, toys, and loose bedding out of your baby's sleep area. Make sure nothing covers your baby's head.

The safest place for your baby to sleep is in the same room with you for the first six months. Give babies their own sleep space in your room, separate from your bed.



# BREASTFEEDING Your Baby

**Let's talk about breastfeeding and the amazing power of breast milk! Multiple studies conclude that breastfeeding reduces the risk of sudden infant death syndrome (SIDS).**



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# BREASTFEEDING Your Baby

**Do not be ashamed of your body as breastfeeding is a natural, healthy and normal way to bring optimal nourishment to your baby.**

## **Breastfeeding offers so many benefits for families, including:**

- The joyful bonding with your baby
- The perfect nutrition only YOU can provide
- The health benefits for both mother and baby
- Breastfeeding lowers the risk of developing breast cancer
- Nursing mothers miss less work. Breastfeeding mothers miss fewer days from work because their infants are sick less often

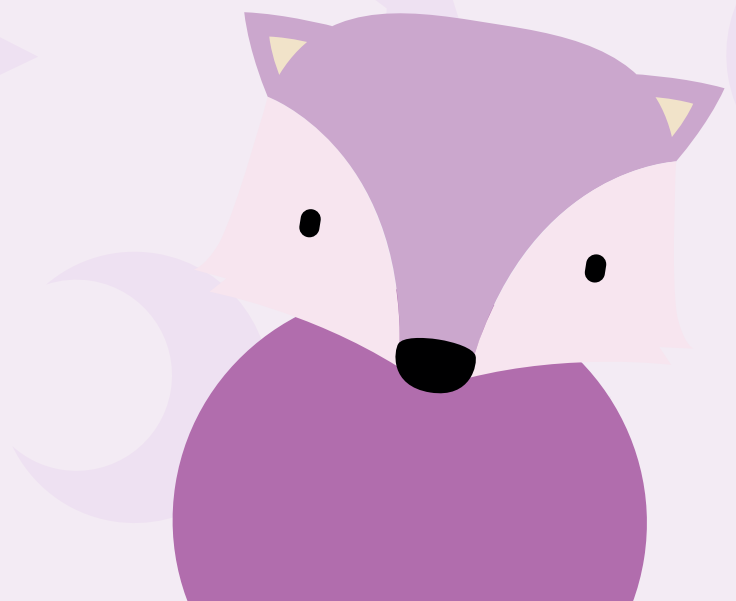
## **How long should feedings be?**

Feedings may last 15 to 20 minutes per breast. But your baby will let you know when he or she is finished.

## **FOR DADS!**

Enjoy the beauty of breastfeeding!

By sharing in the warm moment of breastfeeding, dads can help his partner bond with their baby. Dads can give their babies a bottle of pumped breast milk and also provide cuddles and hugs.







# DO

Give your baby plenty of tummy time when he or she is awake, and someone is watching.

Keep up with your well-visits and regular health checkups, and call your doctor if any concerns arise.

Share this **Safe Sleep Guide** with other mamas, papas, grandmas, grandpas, aunties, uncles, caregivers, birthing coaches, doulas, and providers to help us protect babies and reduce SIDS.

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