

## Please Share

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.

**Sleep Safe Baby** is an Infant Safe Sleep Public Education and Awareness Campaign funded by First 5 Fresno County. Our hope with Sleep Safe Baby is to shift cultural norms and everyday sleep practices to reduce SIDS in Fresno.

Get connected to more tips, resources, and support at [sleepsafefresno.com](https://sleepsafefresno.com)

# SleepSafe BABY



Nicolette & Olivia

SAFE SLEEP IS  
AS EASY AS

**A. B. C!**



A'Miracle



# SleepSafe BABY

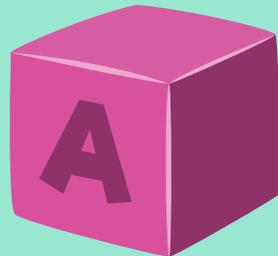
# Alone

Baby Sleeps Alone...



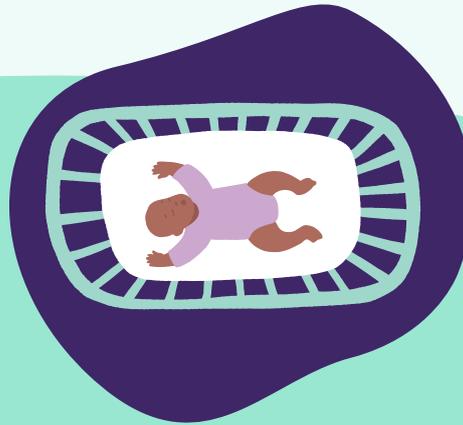
## Room Sharing

- The safest place for your baby to sleep for the first 6 months is alone in a crib in the same room as you. Share the room, not the bed.
- Room sharing makes breast-feeding easier, which is protective against SIDS. The longer a baby is breastfed, the lower the risk.
- Avoid parent and infant exposure to nicotine, alcohol, marijuana, opioids, and illicit drugs.



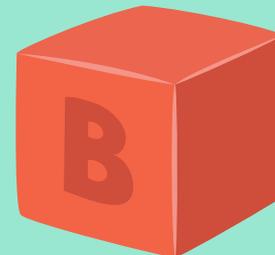
# Back

On Their Back...



## Back Sleeping

- You should always place your baby on their back to sleep and not on their front or side. Always seek your doctor's advice if concerned about a medical reason for baby's sleep position.
- Sleeping a baby on their front or side greatly increases the chance of SIDS. This is why it's important to always put your baby on their back as part of their regular sleep routine – the chance of SIDS is particularly high for babies who are sometimes placed on their front or side.



# Crib

In a Crib.



## Crib or Bassinet

- Whether you use a crib or bassinet, make sure baby sleeps on flat, firm surface, covered with a tightly fitted sheet.
- Don't use sleep positioners, like nests or anti-roll pillows. They can cause your baby to stop breathing.
- Keep crib bumpers, loose bedding, toys and other soft objects out of your baby's crib.

\*The information in this guideline comes from the American Academy of Pediatrics (AAP).

