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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

SleepSafe BABY



Marina & Amayah

RECOMMENDATIONS FOR A Safe Sleep Environment



Nicolette & Olivia

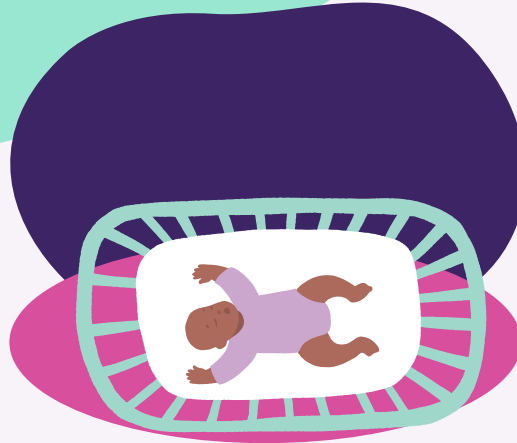


SleepSafe
BABY

Recommendations for a Safe Sleep Environment

A safe sleep environment lowers the risk of all sleep-related infant deaths. Protect your baby and reduce the risk of sudden infant death syndrome (SIDS). Here's the type of safe sleep environment you want:

- Place your baby on his back to sleep, for naps and at night until 1 year of life. This simple act reduces the risk of SIDS by over 50%!
- Keep your baby's face clear of blankets, sheets, or other items.
- Share a room with your baby but not a bed.
- A smoke, drug, and alcohol free environment is best when holding or caring for your baby.



- Using a car seat, carrier, swing, or similar product as baby's every day sleep area can increase the risk of SIDS.
- Avoid smoking, alcohol, and drugs during pregnancy and after birth.
- Avoid devices marketed to reduce risk of SIDS such as monitors, wedges, devices or specific mattresses.
- Consider offering a pacifier at nap or bedtime, after breastfeeding is firmly established (no specified time frame).
- Supervised, awake tummy time is always recommended for this milestone.

Keep your baby sleeping safe and comfortable!



A'Miracle

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