

Safe Sleep: 6 Ways to Prevent Sudden Infant Death Syndrome (SIDS)

Always place baby on their back to sleep

Never use loose blankets or clothing

Share your room with your baby. Keep baby close to your bed, on a separate surface designed for infants

Remove everything other than the mattress and fitted sheet from the crib when baby is sleeping

Keep a smoke-free zone around your baby

Use a firm mattress in a safety-approved crib

Protect Your Baby From SIDS: Follow the ABCs of Safe Sleep

This guidance is meant to create a safe sleep environment for infants and reduce the risk of SIDS.

Always consult your health care provider for personalized advice and recommendations.

Feeding Safety:



If you bring your baby into your bed for feeding, remove all soft items and bedding from the area. When finished, put your baby back in the separate sleep area made for infants.



If you fall asleep while feeding your baby in bed, place the baby back in the separate sleep area as soon as you wake up.