Safe Sleep for Your Baby
Reduce the Risk of Sudden Infant Death Syndrome (SIDS) & Other Sleep-Related Causes of Infant Deaths

Do’s & Don’ts

Do

• Do keep soft objects, toys, blankets out of baby’s bed
• Do breastfeed your baby
• Do offer baby a pacifier, NOT on a string, at sleep time once breastfeeding is going well
• Do follow doctor/nurse advice on baby’s vaccinations and regular checkups
• Do give plenty of Tummy Time when baby’s awake and when someone is watching

Don’t

• Don’t let baby sleep with you or anyone else in a bed, couch, or on a chair
• Don’t let baby get too hot during sleep
• Don’t use products (like home heart or breathing monitors) to reduce SIDS and other sleep-related causes of infant death

Tummy Time helps strengthen baby’s head, neck and shoulder muscles. It prevents flat spots on the head, too!
safesleep.ohio.gov
What Does Safe Sleep Look Like?

1 Type of Bed
Use a firm sleep surface, like a mattress, covered by a fitted sheet in a safety-approved crib or play yard.

Crib Safety Questions?
Consumer Product Safety Commission
1-800-638-2772 or cpsc.gov

2 What Goes in Baby's Bed
Be sure baby always sleeps alone in a proper sleep area. Check that no pillows, blankets, sheepskins, toys or crib bumpers are in baby's sleep area.

3 Nothing Covers Baby's Head

4 How to Put Baby to Bed
Always put baby on back to sleep for naps, at night, anytime!

5 What Baby Wears to Sleep
Dress baby in light sleep clothing like a one-piece sleeper. Don’t use a blanket.
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Remember
☑ Get regular checkups during pregnancy
☑ No smoking during pregnancy or after birth, and don’t expose baby to smoke
☑ No alcohol or illegal drugs during pregnancy or after birth

Baby sleeps safest alone, on back, in a crib.

Always put me in my crib alone. I shouldn't sleep in your bed or have anyone else in mine.

Always put me on my back to sleep — at night or even when I'm just napping.

Always make sure the only thing on my firm mattress is a fitted sheet. No blankets, pillows, or stuffed animals.

Source: U.S. Department of Health and Human Services, Office on Women's Health

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