

The ABC's of Infant Safe Sleeping

Did you know that in 2012 there were 5 infant deaths due to co-sleeping in Hamilton County?

Learn the ABC's of safe sleep. It could save your baby's life.

A for Alone

- Put baby to sleep alone in their own crib or bassinet.
- Don't put baby to bed with other children or adults. They can accidentally suffocate a baby by lying too close to the baby's mouth or nose, or rolling onto them while asleep.
- Keep all soft items away from baby when sleeping in crib or bassinet. Babies should not sleep with stuffed animals, pillows or blankets - soft items could accidentally fall over a baby's face and suffocate them.
- A blanket sleeper or sleep sack will keep a baby comfortable. Don't use heavy blankets or quilts that may overheat the baby.

B for Back

- Put babies to sleep on their backs. Babies who sleep on their backs are much less likely to die of infant sleep-related deaths.
- Teach other mothers, grandmothers and those who care for your baby that "back to sleep" is safest for babies.
- "Back to sleep" will not increase a baby's risk of choking according to doctors.

C for Crib

- Cribs and bassinets are the safest places for babies to sleep.
- Cribs should be free of pillows, bumpers, stuffed toys, blankets or anything that could accidentally cover your baby's face and suffocate them.
- Unlike firm crib mattresses, adult beds are soft and can cause babies to suffocate.
- Always return your baby to their crib after nursing. To make breastfeeding easier, keep a crib or bassinet next to your bed.
- Mothers who exclusively breastfeed their baby should discuss infant safe sleeping with their lactation consultant.

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KIDS
WORLDWIDE


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