

# Safe Sleep Tips for Babies

- Always put babies on their back to sleep for naps and at night.
- Keep babies near, but in their own crib. New parents often want to be close to their babies at night, but sharing a bed puts your baby at risk for suffocation from someone rolling over on them, or from pillows and blankets. Taking medications, sleeping aids, or drinking alcohol can affect your sleep and put your baby at even higher risk.
- Don't let your baby sleep or nap in the same bed with anyone else – even a twin, sisters, brothers, or babysitters. Another person, no matter how small, could roll over and smother the baby. This includes pets.
- Put your baby in her own crib but keep the crib close enough to know when your baby needs you. If you are breastfeeding, sleeping near your baby's crib makes it easy for you to feed your baby when she's hungry and helps you build a good milk supply. Breastfeeding has been shown to reduce the risk of sudden infant death and has many health benefits for babies, but even breastfeeding moms should keep their babies in their own cribs.
- Use a firm mattress and a tight-fitting sheet in your baby's crib. Fluffy pillows, quilts, and toys are not safe for sleep. Blankets, pillows, or bumper pads in the crib could make it hard for your baby to breathe. Young babies can't move around enough to hurt themselves, and the slats on their cribs should be close enough together to prevent their heads from getting stuck.
- Keep babies cool. Don't overheat the room or overdress the baby. You can dress your baby in warm pajamas or a sleep sack and put your baby to sleep without a blanket.
- Never smoke around babies. Keep the sleeping area and the home smoke-free. Second and third-hand smoking are also risk factors for babies.
- Give your baby plenty of tummy time when he is awake and an adult is watching. This will help your baby's neck and shoulder muscles get stronger.
- If you have an older crib or a used crib, make sure it meets current safety standards. To find out if the crib is approved for infants, call the Consumer Product Safety Commission toll-free at 1-800-638-2772 or visit their [Check Your Crib for Safety video](#).<sup>i</sup>

Source: DPH Injury Prevention and Control Program

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<sup>i</sup> <http://www.cpsc.gov/onsafety/2010/06/watch-and-share-check-your-crib-for-safety/>