

If you knew your baby was 40 times more likely to die because she sleeps with you in your bed, would it change where you put your baby to sleep?

In the past 20 years, **infant suffocation rates have quadrupled** due to sharing a bed with a parent or caregiver.

Babies can suffocate when:

- an adult accidentally rolls over on top of their baby while sleeping,
- the baby's face gets covered by a pillow, blanket, or stuffed animal;
- the baby's face gets trapped between the mattress and the wall, or head board.

A baby needs her own bed. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else

Sudden Infant Death Syndrome (SIDS) is another risk for infant deaths. In addition to the recommendations for a safe night's sleep on the right, other ways proven to help prevent SIDS include:

- Have your baby sleep in the same room as you sleep, but in a separate bed;
- Breastfeed your baby;
- Give your baby a pacifier (without a string) for naps and night sleep;

Safe Sleep Resources:

Healthy Start Southwest Florida
www.HealthyStartBaby.org

First Candle Bedtime Basics
www.firstcandle.org/new-expectant-parents/bedtime-basics-for-babies

FL Ounce of Prevention Sleep Right, Sleep Tight
www.ounce.org/safe_sleep.html

Safe & Healthy Children's Coalition
<http://www.safehealthychildren.org/safe-sleep>



A SAFE NIGHT'S SLEEP FOR YOUR BABY



Anyone caring for your baby should follow these tips.

Babies sleep safest on their backs.
Remember: back to sleep.

Your baby should sleep ALONE in a crib, bassinet or cradle, near a parent or caregiver for the first six months.

It is NOT safe for your baby to sleep on a adult bed — with or without an adult. Air mattresses, bean bags, sofas and waterbeds are NOT safe places for babies to sleep.

Use a firm mattress with a tight-fitting sheet. Remove anything that can cover your baby's face — including stuffed animals and bumper pads.

Use a blanket only if needed and don't overheat your baby with too much clothing.

No one should smoke around your baby.

Keep air moving in your baby's room with a small fan facing away from your baby.

For more tips on Safe Sleep & your baby's health:

www.HealthyStartBaby.org

This material does not replace the advice of your health care provider. Ask him/her for more information on this topic.