

SAFE SLEEP FOR BABIES

DID YOU KNOW?



Did you know that SIDS is the most common cause of death for babies from one month to one year of age? SIDS is Sudden Infant Death Syndrome and is also known as Crib Death.

Did you know that the most effective way to reduce your risk for SIDS is to place your baby on their back to sleep? This simple step alone can reduce risk by 50%.

Minimize SIDS risk by following the ABCs for Safe Sleep.

A is for Alone – put your baby to sleep alone in their crib. This means **no pillows, toys, or blankets**. It is better to use a sleep sack, onesie, or clothing than to use blankets.

B is for Back – put your baby to sleep **flat on their back**. Do not put baby to sleep on their stomach or side.

C is for Crib – only put your baby to sleep in their crib or bassinet. Move your baby to their crib as soon as possible if they fall asleep somewhere else. **Do NOT allow your baby to sleep in a car seat when not in the car, or in a swing or rocker device.**

Other things you can do to decrease SIDS risk:

• **PREVENT EXPOSURE TO CIGARETTE SMOKE**, even during pregnancy.



• Bed-sharing is **NOT** recommended, but **NEVER SLEEP WITH YOUR BABY IN A RECLINER OR ON A SOFA**, because this greatly increases SIDS risk.

• **DO NOT PUT ANY TOYS, BLANKETS, BUMPERS, OR SOFT BEDDING IN THE CRIB** with the baby.

There should be a firm mattress, a fitted sheet, and nothing else.

• **BREASTFEEDING** reduces SIDS risk.

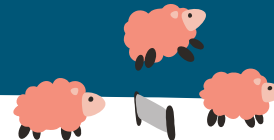


• **AVOID OVER-BUNDLING OR OVERHEATING THE BABY.** Dress your baby like you would dress yourself at night. Your baby does not need extra layers.



ALWAYS FOLLOW THE ABCs TO KEEP YOUR BABY SAFE WHEN SLEEPING.

ALONE, BACK, CRIB



SAFE SLEEP FOR BABIES

ABCs REMINDER

When you put your baby to sleep, make sure you check all boxes.

IS MY BABY...

ALONE

ON hER/HIS BACK

IN hER/HIS CRIB OR BASSINET

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