

## Baby's Safe Sleep

### After baby arrives

#### Help Baby Sleep Safely!

For the next few months, your newborn will spend most of his or her time sleeping. Other than the cost of a crib, creating a safe sleep place does not require special equipment. Bumper pads, sleep position wedges or special pillows are not needed. The [Consumer Product Safety Commission](#) does not recommend their use.

Reducing the risk of [SIDS](#) continues *after* your baby is born. Make sure your baby develops healthy and safe sleep habits from the beginning. Share this list with grandparents, babysitters or others that will be caring for your baby.

#### Safe Sleep Habits

1. Always place healthy babies on their backs for nighttime sleep and for naps. Letting babies sleep on their backs has other advantages besides lowering their chances of SIDS. Research shows that babies who sleep on their backs have:
  - o Fewer colds
  - o Fewer ear infections
  - o Fewer fevers
2. Use a sleep place like a crib, bassinet or playpen designed for babies - **do not sleep with the baby in your bed**
3. Never put your sleeping baby on pillows, cushions, sofas or loose bedding
4. Keep excess bedding, toys, stuffed animals and pillows out of the crib while baby sleeps
5. Do not cover the crib or your baby's face with blankets
6. Don't allow older siblings to sleep with your baby
7. Prevent overheating. Keep room temperature between 68°F and 72°F and never more than 75°F
8. Make sure your baby breathes air that is smoke free, don't allow anyone to smoke near your baby or in your home or car

#### Using a Baby Blanket

When using a blanket, practice [the feet-to-foot guideline](#). Tucking the blanket under the crib mattress helps keep the blanket from becoming loose and covering the baby's head. (If the guidelines take too long to download, try the [plain text version](#).)

- Position the baby so his feet are near the foot of the crib
- Place a lightweight blanket across the baby's chest just under the arm pits
- Tuck the blanket in securely along the two sides and foot of the crib

### **Try These Nursery Make-Over Tips**

- Liven up a bare-looking crib with colorful, printed fitted sheets
- Hang a colorful quilt on the wall instead of using it in the crib
- A bed skirt hanging below the bottom of the crib railing to the floor and secured beneath the mattress is a decorative touch to add a splash of color and hide baby items stored underneath the crib
- Fasten a mobile to the crib footboard, up and out of baby's reach or hang it from the ceiling