



# Safe & Asleep

in a crib of their own

Hundreds of babies die each year from suffocation while sleeping with other children or adults – even when sleeping with their moms or dads.

Don't let your baby be one of them. A crib is the safest place for your baby to sleep.



# Keep your baby safe during sleep.

Infants sleeping in adult beds are more likely to suffocate than infants who sleep alone in cribs



Babies can *suffocate* when...

- Sleeping with adults or other children who may roll over on baby
- Slipping off the chest of a sleeping adult and getting trapped between the adult and bedding or sofa cushions
- Sleeping on a soft surface like a pillow, pillow top mattress, memory foam, sheep skin or comforter

## Follow **Safe Sleep** Tips

- 1 Always put baby to sleep **on his back** in a **crib** – at home, at daycare, when visiting friends and family.
- 2 Have your baby **sleep in her own crib or bassinet in the same room** with you for at least the first 6 months.
- 3 If you bring your baby to bed to breastfeed or comfort, **stay awake** and **put baby in his own crib** before you go back to sleep.
- 4 **Keep all soft items out of baby's crib.** Your baby needs lots of air to breathe.
- 5 Use a **safety approved crib** with a firm mattress and fitted sheet.
- 6 Do not overheat your baby. Use a light blanket, **placed no higher than your baby's chest.** Or, dress your baby in two sleepers or a blanket sleeper sack.

*"My baby died from suffocation sleeping in bed with me.*

No one ever told me that something like that could happen."

Mother of 3 mo. old

*"Don't let babies sleep on a pallet on the floor either. Someone could trip and fall on them."*

Concerned Father

*"It was like a bad dream.*

The whole family struggles to understand what happened ...why her?"

Bereaved Grandfather

*Unsafe* sleep spaces include:

- Sofas, recliners, waterbeds
- Cribs filled with stuffed toys, fluffy bumper pads, pillows, blankets, diapers, etc.

*Safe* sleep spaces include:

- Cribs, bassinets and play yards

For more information, contact

**1-800-732-3812**



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