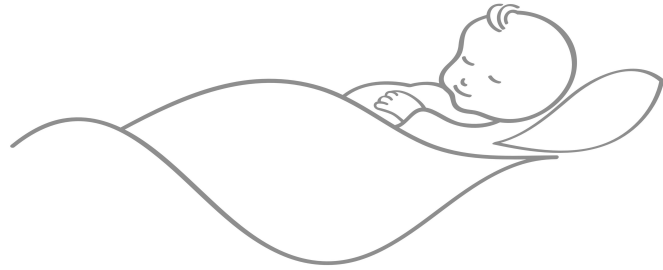




safe sleep



Babies sleep a lot. It is important that every time a baby is sleeping, either for a nap or at night, the following rules are followed. Every sleep time counts:

1. Baby should sleep alone in a crib, portable crib, or bassinet. The crib can be close to Mom or Dad's bed, but the baby must not share the bed with anyone at any time.
2. Baby should not sleep or nap on sofa, chair, cushion, or waterbed.
3. Always put baby on back to sleep even when they can roll over.
4. No pillows, blankets, comforters, stuffed animals or other soft things should be in the crib, portable crib, or bassinet.
5. Keep baby's face uncovered during sleep for easy breathing. Use a sleeper instead of a blanket.
6. Don't allow anyone to smoke around the baby.
7. Don't overheat the baby. Dress the baby in as much or as little clothing as you are wearing. Keep baby's room at a temperature that is comfortable for an adult.
8. Use a firm mattress with a tightly fitted sheet.
9. Place baby in the same sleep position every time.
10. Pacifiers are ok to use, and research published in the Archives of Pediatrics & Adolescent Medicine indicate that pacifiers may help reduce the risk of SIDS.

For more info & Source: American Academy of Pediatrics (AAP) and National Institute for Child and Human Development (NICHD)