

Safe Sleeping For Your Baby

POSITIONING BABIES FOR SLEEP

- **Back to Sleep:** Always place your baby on their back to sleep unless you are instructed by medical professionals for health reasons.
- Avoid putting your baby on his or her side or stomach because this increases the risk of **Sudden Infant Death Syndrome (SIDS)**.
- Do not use devices to position your baby. The use of special devices such as wedges and cushions when positioning your baby is not recommended.
- Place your baby on his or her tummy (“tummy time”) while the baby is awake and supervised.



WHERE SHOULD BABIES SLEEP

Experts agree that the safest place for your baby to sleep is in your room within arm's reach in their own safe crib. Experts agree it is not a good idea to place the baby in your bed with you. There are many factors that make sharing your bed with your baby unsafe.



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MAKING BABIES CRIBS SAFE

Your babies' bed should have:

- Railings that are no more than 2 3/8" inches apart. You can't fit a soda can through them.
- A firm mattress that fits snugly in the frame of the crib or bed,
- A fitted sheet that is tight around the mattress,
- No heavy blankets, quilts, duvets, stuffed animals, or bumper pads, etc.

Also keep in mind:

- Make sure your baby's head and face remain uncovered during sleep.
- Do not let your baby get over-heated.
- Keep the room temperature comfortable for a lightly clothed adult.
- Your baby should be in a one-piece sleeper with nothing else on him or her.
- If its cold, layer the baby's clothing (For example, add a t-shirt and socks under the sleeper) and use only a light receiving blanket as necessary.

APEC IS HERE TO HELP

APEC provides free training, information, and consultation to families. APEC staff can provide SBS demonstrations for your community group. Visit our training calendar for more information about learning opportunities at www.alabamaparentcenter.com or call our center.

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