

SAFE SLEEP FOR BABIES



Source: CDC

HELP LOWER THE RISK OF SLEEP-RELATED INFANT DEATHS, INCLUDING SUDDEN INFANT DEATH SYNDROME (SIDS)

NYC Health + Hospitals/North Central Bronx follows the latest recommendations from the American Academy of Pediatrics for safe sleep. We encourage parents to:

- Place babies on their back for every sleep.
- Room share, but not bed share with babies.
- Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of their baby's sleep area.
- Learn about safe sleep practices for your baby and talk to your healthcare provider.

Recommendations also include room sharing but not bed sharing. These practices can help lower the risk of sleep-related infant deaths, including sudden infant death syndrome (SIDS), accidental suffocation, and deaths from unknown causes. Healthcare providers at NYC Health + Hospitals/North Central Bronx counsel caregivers on safe sleep practices during pregnancy and baby care visits.

"There are about 3,500 sleep-related deaths among US babies each year."



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BEDSHARING & BREASTFEEDING



Bedsharing is very common and often unplanned. Parents may bedshare because babies feed frequently at night.

MAKE YOUR BED SAFE:

- Use a firm, flat mattress.
- Move your bed away from any wall.
- Make sure there are no small spaces around the edge of your bed where your baby could become trapped.
- Do not attach a guardrail to an adult bed.
- Place your baby on their back at the level of your breast.
- Do not put your baby next to your face or on a pillow.
- Remove heavy blankets, extra pillows, and cords dangling near the bed.
- Do not allow sheets or blankets to cover your baby's face or head.
- Consider putting your mattress on the floor.

THESE SAFETY GUIDELINES ARE VERY IMPORTANT:

- No one should sleep with your baby on a sofa, recliner, or chair.
- No one who has recently used alcohol or drugs should sleep with your baby.
- No one who has recently taken medication that makes them sleepy should sleep with your baby.
- No one who smokes should sleep with your baby.
- No one should sleep with a baby who was born premature or with a low birthweight.
- No one should leave a baby alone on an adult bed.
- This information is a general guide to discuss with your health care professional. It may not apply to your family or situation.
- Safest position for baby, sometimes called the "protective position" or "cuddle curl"

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