



# Updated Infant Safe Sleep Guidelines

SIDS (Sudden Infant Death Syndrome) and accidental suffocation are the leading cause of death for infants between one month and 12 months of age, most commonly occurring among infants who are one-to-four months old. Often these deaths occur when a baby is in the care of someone other than a parent. Sharing this information with grandparents, babysitters, childcare providers and anyone who cares for your baby will help ensure everyone understands the importance of safe sleep.

### You Can Reduce Your Baby's Risk of SIDS

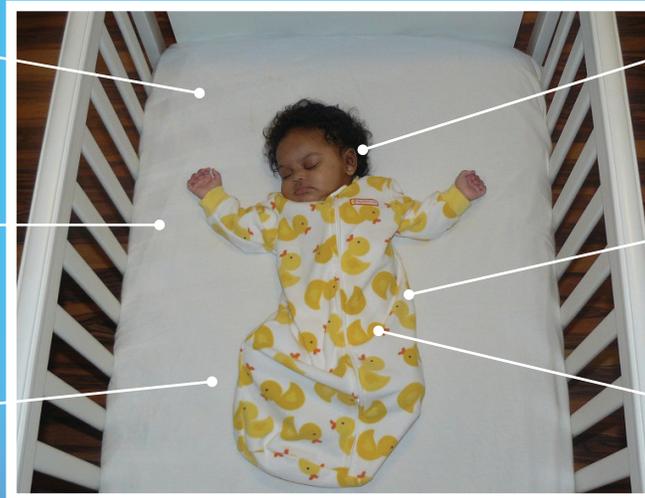
The American Academy of Pediatrics updated their safe sleep guidelines in **October 2016** with new research to direct parents how to put their children to sleep safely:

- The safest place for your baby to sleep is **in the room where you sleep**, but not in your bed. AAP recommends infants share their parents' rooms for at least the first six months and, optimally, for the first year of life. **Room-sharing decreases the risk of SIDS by as much as 50%.**
- Remember the **ABCs of Safe Sleep**: Babies sleep safest **Alone**, on their **Backs**, in a **Crib** or bassinet with a tight-fitting sheet.
- Avoid use of soft bedding, including crib bumpers, blankets, pillows and soft toys. The crib should be bare.
- Do not let the baby get too hot. If you notice sweating, damp hair, flushed cheeks, heat rash or rapid breathing the baby is likely overdressed. Set the room temperature in a range that is comfortable for a lightly clothed adult.
- Consider using a pacifier at nap time and bed time. The pacifier should not have cords or clips that might be a strangulation risk.
- Breastfeeding is recommended to help to reduce the risk of SIDS.
- Avoid baby's exposure to smoke, alcohol or illicit drugs.

Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.



Make sure nothing covers the baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in sleep clothing, such as a sleep sack, and do not use a blanket.

