



SAFE SLEEP FOR YOUR BABY

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death



To reduce the risk of sleep-related causes of death and SIDS, follow the ABC's of safe sleep.

A ALONE

Keep soft objects, toys, pillows, blankets, quilts, sheepskins, or crib bumpers out of your baby's sleep area.

Never place baby to sleep on soft surfaces, such as on a couch or sofa, pillows, quilts, sheepskins, or blankets.

B ON BACK

Babies sleep safer when placed flat on their backs on a firm* surface. Every sleep time counts. Place baby to sleep on his or her back for naps and at night.

*Firm sleep surfaces can include bassinets, safety-approved cribs, and portable play areas.

C IN CRIB

The safest place for baby to sleep is in a crib. Use a firm sleep surface, such as a mattress in a safety-approved crib covered by a fitted sheet.

Do not use a car seat, carrier, swing, or similar product as baby's everyday sleep area.

Your actions DO make a difference. There are many things you can do to keep your baby healthy and safe.



Visit your doctor regularly during pregnancy and take baby to their health care provider regularly after birth. These actions help ensure baby is healthy.



Dress your baby in light sleep clothing. Keep the room at a temperature that is comfortable for an adult.



Nurse your baby! Babies who are fed human milk have a lower risk of SIDS when compared to babies who were never fed human milk.



If you bring baby into your bed to feed, then make sure to put them back in a separate sleep area when you are finished. Use a safety-approved crib, bassinet, or portable play area in your room next to where you sleep.



Don't smoke, vape, use marijuana, drink alcohol or use illegal drugs during pregnancy or after the baby is born. Don't allow smoking around your baby.



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