

Quest for Safe Sleep

Not so long ago in a nursery nearby, our young hero sought the peaceful dreams of slumber. Before he can rest his head, however, he must make sure he stays away from all the dangers that sleeping can pose. As his parent, you can help him on his journey by following these wise tips:

Travel on his own

Make sure your baby sleeps alone in his own crib, with no blankets, crib bumpers or stuffed animals. Although many parents are tempted to share a bed with a new baby, the risk for sudden infant death syndrome (SIDS) and accidental suffocation is high.



Watch the stars

Always place your child to sleep on his back. This is the safest way for him to sleep, as the risk for SIDS is doubled for infants who sleep on their stomachs.

Find his castle

The best place for your baby to sleep is in his own safety-approved crib on a firm, flat mattress with a tight fitted sheet. Do not place your baby to sleep on a sofa, chair, adult bed or other soft surface because of the risk of accidental suffocation. Be sure to remove anything from his crib that could block his flow of air.



Helpful Items

Below are other ways to help keep your baby safe on his journey for safe sleep.



Immunizations

The risk for SIDS is much lower for infants who are up to date with their shots.



Educate your sitter

Make sure you share these helpful tips with other caregivers to keep your child safe and secure.



Swaddle smart

Swaddling your infant in a blanket mimics the comfort of the womb and can curb crying and restlessness.



Smoke-free

Never allow anyone to smoke near your infant.



Temperature

Keep the room where your baby sleeps between 68°F and 72°F.