



Breastfeeding reduces my risk of SIDS. When I'm finished feeding, put me back in my crib for sleep.

For breastfed infants, pacifier introduction should be delayed until breastfeeding is firmly established.



I am safer if I sleep in the same room as you, but not in your bed.

Comfort me when I cry, then put me back in my safe place for sleep.

## NEVER put me to sleep:

- On my tummy or side
- On an adult bed
- In bed with you or anyone else
- On a couch or chair
- With blankets, toys, or crib bumper pads
- On a nursing pillow, wedge, or positioner
- In a car-seat, stroller, carrier, or swing

It's not safe and I could suffocate.

## More safety tips:

Teach your family and anyone who takes care of your baby to always follow the same safe sleep practices.

Follow health care provider guidance on your baby's vaccines and regular check-ups.

Risk of SIDS is lower if mom doesn't smoke, drink alcohol, or use drugs.

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American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™  
ORANGE COUNTY CHAPTER



# Keep Me SAFE While I SLEEP



Reduce the risk of SIDS, suffocation, and other sleep-related causes of infant death by creating a safe sleep environment for your baby.

# CREATE a SAFE SLEEP ENVIRONMENT for ME

I only need light sleeping clothing. NO blankets in my crib.

Keep the room temperature comfortable for an adult.

Always place me on my back to sleep. I won't choke and it will be easier for me to breathe.

No smoking in the home is safest for me.

I need a firm mattress with a tight fitted sheet.

Put me only in a safe crib, bassinet, or play yard.

Consider offering a pacifier (with nothing attached) at nap time and bedtime.

I like to be on my tummy only when I am awake and supervised.



## Did you know?

**Sudden Infant Death Syndrome (SIDS)** is the leading cause of infant death between 1 month and 1 year of age.

**More than 90%** of all SIDS deaths occur before babies reach 6 months of age.

Risk of SIDS is **3 times higher** in babies born with low birth weight.

**Accidental Suffocation** is the leading cause of infant injury deaths.

**An Orange County baby dies** while sleeping in an adult bed or sharing a bed with another person nearly **every other month**.

**Safe Sleep Orange County**  
<http://aap-oc.org/community/parents>  
Questions? Call the OCHCA  
**Health Referral Line: 800-564-8448**