

Safe sleep for your baby



This card offers some safe sleeping tips that have been shown to reduce the risk of SIDS and accidental suffocation.

For more information about **Safe Sleep** for your infant, please visit these websites or call the phone numbers listed below:

Northwest Infant Survival and SIDS Alliance ▪ www.nwsids.org or 1.800.533.0376

National Institute for Child Health and Human Development ▪ www.nichd.nih.gov/SIDS or 1.800.505.CRIB

American Academy of Pediatrics ▪ www.healthychildren.org

MultiCare 
**Mary Bridge Children's Hospital
 & Health Center** 

Center for Childhood Safety



Keep your baby safe while asleep

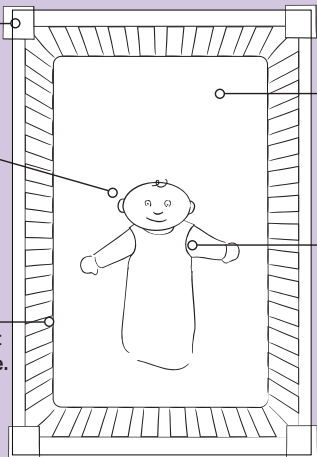
Reduce the risk of Sudden Infant Death Syndrome (SIDS)

Make sure everyone that takes care of your baby knows about safe sleep.

I need my own safe sleep space every time I sleep. Sleeping on a couch or chair is dangerous for me.

Once breastfeeding is going well I might like a pacifier. This may reduce the risk of SIDS.

Put me on my back to sleep at night and for naps—every time.



I need a firm mattress and fitted sheet. Keep blankets, pillows, bumper pads, and toys out of my crib.

Dress me warm enough to sleep without covers. A light sleep sack works great.

Continued breastfeeding may reduce your baby's risk of SIDS.

No one should smoke around your baby. For help quitting: www.smokefree.gov



Have your baby fully immunized. This may reduce the risk of SIDS.

Bed-sharing is a risk factor for SIDS and can also lead to suffocation. A baby can suffocate if:

- He or she gets trapped between a sleeping surface and the body of a parent, a brother or sister, or the wall.
- The parent or another child rolls over onto the baby.
- There is soft bedding like pillows or comforters on the bed.

Sharing a room with your baby is safer than sharing a bed with your baby.