Other Tips

TIPS

- Use a one-piece sleeper. Don't use blankets.

- Be sure baby is not too warm.

- Breastfeed your baby.

- Try using a pacifier for sleep but don't force baby to take it.

- Get your baby immunized.

- If your baby is in a front or back baby carrier, be sure that baby's face is always visible.

- Never use a car seat, baby swing, carriage or other carrier without properly fastening all the straps. Babies have been caught in partially fastened straps and died.

- Make sure no one smokes in your home or around your baby.

- Don't use alcohol or drugs.

- Don't rely on home baby monitors.

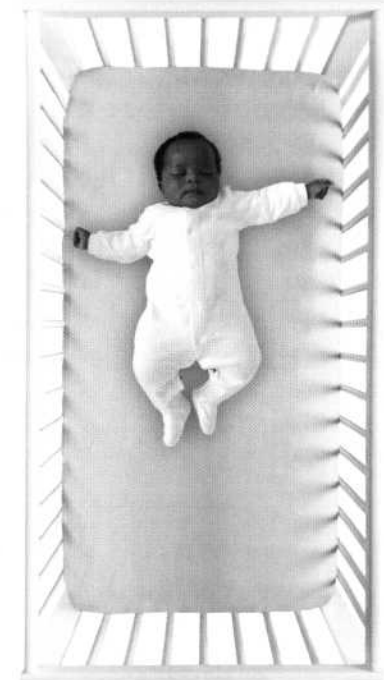Make sure **everyone** caring for your baby follows these tips!

health.ny.gov/safesleep

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Follow the ABCs of Safe Sleep

A Alone.

Baby should sleep Alone.

B Back.

Put baby on their Back.

**C** Crib.

Put baby in a safe Crib.

⭐ Alone.   ⭐ Back.   ⭐ Crib.

About 90 babies die each year in New York State from sleep-related causes. Right from the start, help your baby sleep safely every time sleep begins.

ALONE

- Put baby on their back to sleep – even if baby was born early (premature).

- Your baby should not sleep with adults or other children.

- Share your room, not your bed. Room-sharing lets you keep a close watch over your baby while preventing accidents that might happen when baby is sleeping in an adult bed.

- Nothing should be in the crib except baby; no pillows, bumper pads, blankets or toys.
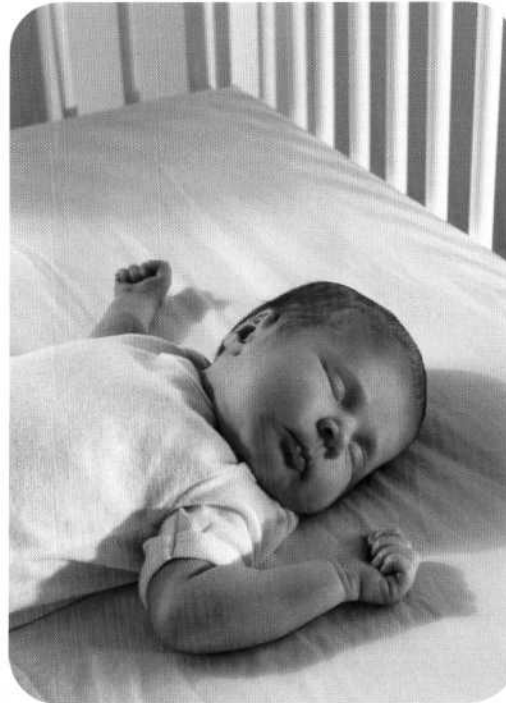
BACK

- Put baby to sleep on their back, not on their tummy or side.

- Do put your baby on their tummy every day when baby is awake and being watched. "Tummy time" helps baby develop strong shoulder and neck muscles.

CRIB

- Use a safety-approved* crib/bassinet/playard with a firm mattress and a fitted sheet.

- If baby falls asleep on a bed, couch, armchair, or in a sling, swing or other carrier, put baby in a crib to finish sleeping.

For crib safety, go to the Consumer Product Safety Commission:

cpsc.gov/en/Safety-Education/ Safety-Education-Centers/Cribs/