

Keep Your Baby Safe During Sleep



Sleep-related deaths are the leading cause of death in babies over 1 month of age in the U.S.

More than 3,600 babies in the U.S. die suddenly and unexpectedly every year while sleeping, according to the Centers for Disease Control and Prevention (CDC, 2017).

SAFE SLEEP

- Put baby to sleep **ALONE**
- Put baby on their **BACK** for every sleep/nap time
- Use a **CRIB** with a firm sleep surface and fitted sheet
- Room-share with your baby on a separate sleep surface; do not bed-share
- Keep soft objects and loose bedding away from the baby's sleep area. Consider using a sleep sack or wearable blanket
- Offer a pacifier at naptime and bedtime
- Breastfeed your baby
- Avoid overheating by not overdressing baby

Remember the ABCs

- A** Alone
- B** on the **B**ack
- C** In a **C**rib

- Avoid smoke exposure during pregnancy and after birth
- Avoid alcohol, marijuana and illicit drug use during pregnancy and after birth

To Learn More About Our Safe Sleep Resources

Call (209) 468-3004 or (209) 953-7074

Visit www.sjcphs.org

420 S. Wilson Way, Stockton, CA 95205

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