

## Other things you can do to keep babies safe:

- ◆ Offer a pacifier at nap time and at bedtime during the first year of life. For breastfed infants, offer the pacifier after one month of age to ensure that breastfeeding goes well.
- ◆ Make sure no one smokes in the home or around the baby.
- ◆ Avoid products that claim to keep the baby in a “safe” position: most of these have not been tested for safety; some can actually increase the risk of harm.
- ◆ Give the baby some supervised “tummy time” when she is awake. This helps develop the baby’s muscles, and reduces the chances of flat spots on the head.
- ◆ Share this “Safe Sleeping” information with everyone who takes care of the baby.



## For more information about keeping sleeping babies safer, contact:

New York State Office of Children & Family Services

**800.345.KIDS (5437)**

[www.ocfs.state.ny.us](http://www.ocfs.state.ny.us)

New York State Department of Health  
[www.nyhealth.gov](http://www.nyhealth.gov)

Growing Up Healthy Hotline

**800.522.5006**

Prevention Information Resource Center (PIRC) and Parent Helpline  
**800.342.PIRC (7472)**

New York State Center for Sudden Infant Death  
**800.336.7437**



New York State  
Office of Children & Family Services  
[www.ocfs.state.ny.us](http://www.ocfs.state.ny.us)

*“...promoting the well-being and safety of our children, families and communities. ...”*

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# Keeping Sleeping Babies Safer

A baby needs you when she is awake *and* when she is ready to sleep.



## Keeping Sleeping Babies Safer

As a caregiver, you know that keeping your baby safe is important. Your baby needs you when she is awake *and* when she is ready to sleep.

Every year across New York State, some babies die when sleeping in unsafe surroundings. You can reduce this danger by taking a few simple steps every time you put a baby down to sleep.

First, you should think about placing the baby's crib in your room near your bed. Sleeping close to your baby makes care easier, and can make breastfeeding more convenient.



### Babies are safest when sleeping:

- ◆ on their backs
- ◆ alone in a safety-approved crib
- ◆ on a firm mattress
- ◆ without any soft items (such as pillows, comforters, or stuffed toys)
- ◆ with lightweight sleep clothing in a room that is a comfortable temperature for a lightly dressed adult

### Babies are *not* safe when sleeping:

- ◆ on their tummies or sides
- ◆ on a pillow, waterbed, air mattress, bean bag or any other soft surface
- ◆ in a cushioned chair or recliner, or on a couch (a baby's head can get trapped)
- ◆ with blankets (instead, use lightweight sleep clothing, such as a one-piece sleeper)
- ◆ with another baby or child
- ◆ with an adult who:
  - is overly tired
  - is taking medication that can cause sleepiness
  - has been drinking alcohol or using drugs
  - is very overweight

These situations can be dangerous for a baby. The baby can suffocate, or get overheated, or roll off and be seriously hurt.