

Provide a smoke-free place for your baby.

- ◆ Never smoke or allow anyone to smoke in the car, house or anywhere else near your baby.

Your baby should never sleep in a bed with a person who:

- ◆ is a smoker
- ◆ has used alcohol, drugs or medications that cause drowsiness
- ◆ is very tired or overweight

Give your baby plenty of “tummy time” when he/she is awake.

- ◆ Place baby on their stomach when he/she is awake and when someone is watching.

Breastfeeding is best for your baby.

- ◆ Studies show that breastfeeding reduces the risk for SIDS.



Your baby thrives on love!
Enjoy your baby by giving lots of
kisses, hugs and cuddles.

Babies sleep safest on their backs.

- ◆ Always place baby on his/her back to sleep for naps and at night.



Only baby should be in the crib!

- ◆ *No laundry*
- ◆ *No pillows or quilts*
- ◆ *No toys or stuffed animals*
- ◆ *No pets*

Your baby should have a separate sleep space

- ◆ The safest place for your baby is in a separate sleep area, such as a safety-approved crib, bassinet, or portable play area near where you sleep. Sharing a bed can increase the risk of suffocation.

For more information, ask your doctor or call:
BabyFirst Solano @ 1-877-680-2229 (BABY).



Solano County Maternal, Child & Adolescent Health

Safe Sleep For Your Baby



Reduce the risk of SIDS

(Sudden Infant Death Syndrome)

SIDS is the sudden, unexpected death of a baby less than one year old.

You can lower your baby's risk of SIDS by taking steps to help your baby sleep safely.

What does a safe sleep environment look like for your baby?

Reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death.



Spread the word!

Make sure everyone who cares for your baby knows ways to reduce the risk of SIDS. Tell them the facts — babies sleep safer on their backs at all times— including naps.