Help Babies Sleep Safely & Prevent SUIDS

Why are we concerned about babies sleeping safely?
Every year, babies die suddenly and unexpectedly. Known as Sudden Unexplained Infant Death (SUID), these deaths are related to the dangers in how and where a baby sleeps.

How can I create a safe sleep environment for my baby?
By following these simple steps, you can lower a baby's risk for SUID. First, remember the **ABC's** of safe sleep for babies - **A**lone on their **B**ack in a **C**rib

ALONE:
- Have babies sleep in the same room with you but not the same bed - never let them sleep on a couch, chair, with you, or with anyone else
- Keep soft objects, blankets, toys, stuffed animals, pillows, crib bumpers, loose bedding, etc. out of sleep areas
- Avoid using products inside the crib like wedges and sleep positioners, even if they claim to reduce the risk of SIDS/SUID

*On their **BACK:***
- Always place babies to sleep on their backs in their own crib

*In a **CRIB:***
- Use a firm sleep surface like a safety-approved crib, bassinet, or portable crib - do not use a car seat, carrier, swing, etc.

What are some other recommendations that will help?
- Offer babies a clean, dry pacifier for naps and at night - make sure it is not attached to a string
- Do not let babies get too hot - keep the room at a temperature comfortable for an adult
- Do not smoke or allow smoking around babies

For more information: www.cdc.gov/sids

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