



Suffocation is the leading cause of injury deaths among infants in Virginia.

- Always place baby on his or her back for every sleep—naps and bedtime. Until their first birthday, babies should be laid down to sleep on their back every time they go to sleep.
- Do not put anything (pillows, blankets, stuffed toys, or crib bumpers) anywhere baby's sleep area. Babies can move around in their sleep and get trapped or tangled in extra items lying in the crib.
- Have your baby share your room, not your bed. Room sharing makes it easier to feed and check on baby. If you bring baby into your bed to feed, make sure to put him or her back in their bed when finished.
- Do not let your baby overheat during sleep. Only dress baby in one layer of clothing.
- Do not let baby sleep in swings, car seats, or carriers. Babies are at risk for strangulation from the device's straps and positional suffocation if their head falls forward. Babies who fall asleep in swings, car seats, and carriers should be removed and placed on a firm sleep surface such as a crib, pack-n-play, or bassinet.
- Do not smoke or let others smoke around your baby. Exposure to smoke has been found to increase the risk of SUIDs.
- Explain these safe sleep guidelines to other relatives and friends who may watch your baby.

