

## Remember A-B-C for Safe Infant Sleep



### The safest sleep environment is:

**A**lone—do not share a bed

**B**ack—place infants to sleep on their backs, not tummy or side

**C**rib—use a safety-approved sleep place such as a crib or bassinette

### Safe Sleep Tips



1. Studies show babies are not at risk of choking if they spit up when sleeping on their back
2. Babies do sleep longer and more soundly on their tummies, but they are not able to wake up easily if they are in danger
3. Sing, hum, or play soft music if your baby does not fall asleep easily while on their back
4. Once babies start rolling over and choosing their own sleep position, it is even more important there are no blankets, bumpers or soft toys in the sleep area to get near their face

### For more information on Infant Safe Sleep:

- Healthy Childcare America, a program of the American Academy of Pediatrics ([www.healthychildcare.org/sids.html](http://www.healthychildcare.org/sids.html))
- Association of SIDS and Infant Mortality Programs ([www.asip1.org](http://www.asip1.org))
- National Institute of Child Health and Human Development ([www.nichd.nih.gov/sids](http://www.nichd.nih.gov/sids))
- First Candle ([www.firstcandle.org](http://www.firstcandle.org))
- American SIDS Institute ([www.sids.org](http://www.sids.org))
- Consumer Product Safety Commission ([www.cpsc.gov](http://www.cpsc.gov))
- National Resource Center for Health ([www.nrckids.org](http://www.nrckids.org))



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## SAFE SLEEP



Safe sleep for infants  
requires all parents  
and caregivers to be  
aware of  
possible risks and  
safe practices

## Safe Sleep for Infants



In October 2011, the American Academy of Pediatrics (AAP) issued a policy statement expanding their recommendations to promote a safe infant sleeping environment. Despite a major decrease in the incidence of Sudden Infant Death Syndrome (SIDS) since the AAP released the recommendation in 1992 that infants be placed for sleep in a non-prone position, this decline plateaued in recent years.

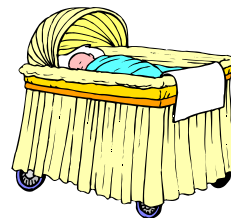
Concurrently, other causes of sudden unexpected infant death (SUID) that occur during sleep have increased in incidence, including suffocation, asphyxia, and other unspecified causes of death.

The Office of the Child Advocate supports the expanded recommendations of the AAP, and encourages all parents, grandparents, babysitters, relatives, friends, caregivers, and childcare providers to adopt these safe sleeping practices for their infants, for all sleep times.

**You can save a life!**

## TOP 10 RECOMMENDATIONS

1. Place baby on her back to sleep—for every sleep
2. Use a firm sleep surface—a firm mattress covered by a tightly fitted sheet
3. Share a room, do not share the bed, or the recliner, sofa, or other adult sleep place
4. Baby's bed should be a crib, play yard, bassinette or other safe place
5. Keep soft objects out of the baby's bed—pillows, quilts, blankets, bumper pads and toys
6. Keep smokers away from the baby
7. Consider offering a pacifier for sleep, but do not attach it to baby's clothes
8. Avoid overheating and overbundling
9. Avoid commercial sleep safety devices—wedges and positioners
10. Encourage tummy time when baby is awake, with your supervision



## CHILD FATALITY REVIEW DATA

202 sleep related deaths were reported in a twelve month period. The most common risk factors associated with infant sleep-related deaths as reported to the Office of the Child Advocate are:

### BED-SHARING

- 109 were sharing a sleep surface with another person.

### SLEEP POSITION

- 96 were *placed* on their stomach or side
- 122 were *found* on their stomach or side

### SLEEP PLACE

- 147 were not placed in a crib or bassinette for sleep



**Additional risk factors include:**

- soft or excessive bedding
- tobacco exposure
- poor or late prenatal care
- overheating or overdressing the baby
- prematurity, and
- sleeping in car seats, strollers, or swings