Safe Sleeping for Baby

There are a number of things you can do to keep your baby safe while sleeping. These are a few helpful hints:

- Place your baby on his or her back. Do this unless your doctor tells you differently. This is the most important thing you can do to lessen the risk of SIDS (sudden infant death syndrome). A few babies with special problems should sleep on their stomachs **only as directed by your doctor**.

- **Do not smoke around the baby. This is associated with SIDS.**
- Have your baby sleep in your bedroom until he or she is one year of age.
- Use a crib that has been tested and approved for safety. Ask a person at the store that you bought the crib from if you do not know.
- Do not cover the baby's head with blankets.
- Do not over-bundle a baby with clothes or blankets. Use a light blanket. The baby should not feel hot or sweaty when you touch them.
- Do not use pillows, quilts, comforters or sheepskins in the crib.
- Do not put babies to sleep on adult beds, soft mattresses, sofas, cushions or waterbeds.
- Get a firm mattress for the baby.
- Adults and children should never sleep with the baby.
- Make sure there are no spaces between the crib and the wall. The baby can get trapped in that space. Keep the bed low to the ground.
- Keep toys out of the bed.
- Have your baby play on his or her tummy while awake and you are watching. This helps their muscles and nervous system. It can also stop the head from getting flat.

Remember, crib death is rare no matter what position a baby sleeps in. Ask your doctor if you have any questions.

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