



# Safe Sleep for Your Baby

Each year in New York State, babies die from Sudden Infant Death Syndrome (SIDS) and injuries in their sleep area. Take care of your baby by following these simple steps:

- \* Place your baby on his or her back to sleep, for naps and at night.
- \* Use a safety-approved crib with a firm mattress covered by a fitted sheet.
- \* Make sure blankets do not cover your baby's head. Use sleep clothing, such as a one-piece sleeper, instead of a blanket.

- \* Remove pillows, quilts, sheepskins, bumpers, stuffed toys, and loose bedding from your baby's sleep area.
- \* Your baby is safest sleeping in a crib or bassinet near your bed. Your baby should not sleep in a bed or on a couch or armchair with adults or other children.
- \* Don't let your baby get too hot from wearing too many clothes or covers.
- \* Make sure no one smokes in your home or around your baby.
- \* Try using a pacifier when placing your infant to sleep but don't force the baby to take it. When breastfeeding, wait 1 month or until your baby has learned to breastfeed before trying a pacifier.
- \* Don't forget Tummy Time when your baby is awake and is being watched.
- \* Tell everyone who cares for your baby about these important safety tips!



FOR MORE INFORMATION, CALL  
NEW YORK STATE CENTER FOR SUDDEN INFANT DEATH  
**1-800-336-7437**