



SAFE SLEEP RECOMMENDATIONS

Babies need to have their own safe sleep area to reduce the risk of Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Infant Death (SUID). The following are recommendations for safe sleep:

- **DO NOT SLEEP WITH YOUR BABY**, room share instead. You can be physically close to the baby in the same room. Make sure the baby has a separate sleep area that is next to where parents and/or caregivers sleep.
- Baby should **NEVER** sleep in an adult bed, on a couch, or on a chair alone, with the mother, father, caregiver, or with anyone else. Co-sleeping can lead to accidental death of baby.
- **ALWAYS** place babies on their backs to sleep, **ALONE**, for naps and at night. Make sure **ALL** other caregivers know about this rule.
- Place baby to sleep on his/her back on a **FIRM SLEEP SURFACE**, such as a mattress covered by a fitted sheet, in a safety-approved crib or pack in play.
- **AVOID** toys, stuffed animals, pillows, crib bumpers, loose bedding, blankets, sheepskins, or soft objects in the baby's sleep area.
- Make sure **NOTHING** covers the baby's head, nose or mouth.
- When necessary, always use a clean, dry pacifier that is **NOT ATTACHED** to a string, cord, or the baby's clothing.
- Make sure you keep **EVERY** appointment with the pediatrician to make sure baby is healthy.
- **DO NOT OVERHEAT YOUR BABY**. Avoid overdressing the baby or raising the temperature in the room too high. Watch for damp hair, sweating, heat rash, rapid breathing, red/flushed cheeks.
- **DO NOT SMOKE** or allow anyone to smoke **DURING PREGNANCY OR AROUND YOUR BABY**. Insist that anyone that smokes or has been around smoking change their clothes and wash their hands before they hold the baby.

(Centers for Disease Control & Prevention, 2015)

IS IT SAFE TO SWADDLE THE BABY?

Swaddling with a blanket can be used to soothe the baby and allow the baby to sleep more comfortably but there are safety concerns that include:

- **Accidental suffocation** if the blanket becomes loose or if baby rolls over
- **Overheating** from overdressing/blankets

For this reason, the American Academy of Pediatrics recommends that parents/caregivers **STOP SWADDLING BY 2 MONTHS** before the baby starts to intentionally roll over.

(Healthy Children.org and American Academy of Pediatrics, 2015)



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Contact Us

Healthy Start Coalition of Flagler & Volusia Counties

www.healthystartfv.org

Local: 386.252.4277

Community resource list, news, events, Facebook link and more.

Healthy Start Services

Local: 386.254.1226

Support, referrals, care coordination, and resources for pregnant and post-partum women and babies.

Parent/Community Café Dialogue

Local: 386.252.4277

Parents & Caregivers come together to have conversations about what keeps them STRONG! To join in, call for locations & times.

Healthy Start Family Place

Daytona Family Place: 386.322.6102 ext.7

Deltona Family Place: 386.561.9628

A centralized access place for families to come, in-person, to link to community resources. Community Partner Assisted Service Site for online DCF ACCESS for Medicaid, food stamps, & cash assistance. Computers available for use. Call for days & hours.



References

Centers for Disease Control and Prevention (CDC). (2015). Sudden Infant Death Syndrome (SIDS). Retrieved on November 17, 2015 from: <http://www.cdc.gov/features/sidsawarenessmonth/>

Eunice Kennedy Shriver National Institute of Child Health and Human Development and National Institutes of Health (NIH). (2013). How can I reduce the risk of SIDS? Retrieved on November 17, 2015 from: <http://www.nichd.nih.gov/health/topics/sids/conditioninfo/pages/reduce-risk.aspx>

Florida Department of Health. (2015) Sudden Unexpected Infant Death. Retrieved on November 17, 2015 from: <http://www.floridahealth.gov/programs-and-services/childrens-health/sudden-unexpected-infant-deaths/index.html>

Healthy Children.org and American Academy of Pediatrics. (2015) Swaddling: is it safe? Retrieved on November 17, 2015 from: <https://www.healthychildren.org/English/ages-stages/baby/diapers-clothing/Pages/Swaddling-Is-it-Safe.aspx>

National Institutes of Health. (2015). Safe to Sleep public education campaign: ways to reduce the risk of sids and other sleep-related causes of infant death. Retrieved on November 17, 2015 from: <http://www.nichd.nih.gov/sts/about/risk/Pages/reduce.aspx>