

Reduce the Risk of Sleep-Related Infant Death

Parents of infants up to 12 months should be aware of the risk of their babies suffocating while sleeping. Suffocation is the leading cause of injury-related death in infants.

To help keep your baby safe, follow these guidelines from the American Academy of Pediatrics via The Center for Prevention of Child Maltreatment:

- The safest place for babies to sleep is in a crib.
- Babies 0-12 months should sleep in a safety-approved crib, portable crib, play yard or bassinet at night and during naps.
- Babies should sleep on firm surfaces with tightly fitted sheets.
- Always place your baby on his or her back for every sleep time.
- Babies should sleep in the same room as the parents but not in the same bed.
- After breastfeeding, the mother should return the baby to their own bed before falling asleep.
- To keep your baby warm while sleeping, use a sleep sack or long-sleeved onesie.
- Avoid overheating the baby with blankets or swaddling.
- If you are using an infant carrier, make sure the infant's head is up and above the fabric, the face is visible and that the nose and mouth are clear of obstructions.
- Supervised, awake tummy time is recommended daily to facilitate development and minimize development of flat heads (positional plagiocephaly).
- Keep soft objects or loose bedding out of the crib. This includes pillows, blankets, stuffed toys and bumper pads.
- Side and stomach sleeping and not safe for infants who cannot roll over.
- Wedges and positioners should not be used.

