

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:

- The safest place for babies to sleep is on a flat, non-inclined surface.
- 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 and flat 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.
- Avoid overheating the baby with blankets, excessive clothing, or swaddling.
- 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.

