

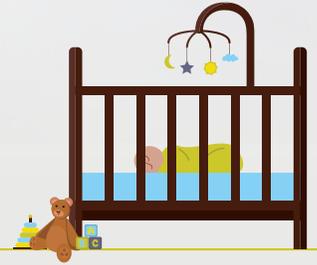


**ECPAC**  
EARLY CHILDHOOD  
PARTNERSHIP  
OF ADAMS COUNTY

# INFANT SAFE SLEEP CONSIDERATIONS

Understanding and **following recommended sleep practices** helps ensure your baby sleeps safely and soundly and gives you some peace of mind. Following these tips helps reduce the risk of accidental suffocation or even death.

While the **greatest risk is during the first 4 months of life**, following these tips are important until your baby's first birthday.



## AMERICAN ACADEMY OF PEDIATRICS GUIDANCE

Infants should always be placed on their backs to sleep.

Keep your baby warm with a sleep sack or extra layers of clothing instead of a blanket.

Babies should sleep on a firm sleep surface that does not incline.

Remove toys, pillows, and bumpers.

If the baby falls asleep in a car seat, stroller, swing or infant carrier, move them as soon as you can.

Room share: Keep the baby's bassinet or crib in your bedroom for at least the first 6 months.

Avoid swaddling after your baby can turn over.

Offering a pacifier at nap time and bedtime is recommended.

Babies benefit from having short (supervised) tummy time sessions each day.

## BEDSHARING GUIDANCE

If you choose to bedshare, it is important to know the risks. Bedsharing is dangerous if:

- Anyone in the bed has consumed any amount of alcohol, marijuana, illicit drugs, or medication that makes you sleepy
- Baby was exposed to smoking during pregnancy
- Baby was born prematurely (before 37 weeks) or weighed under 5.5 pounds at birth

Additional Tips:

- Do not allow other children or pets to be in the bed
- Keep bedding and pillows away from baby
- Check that baby cannot become trapped between mattress and wall or headboard
- Never leave your baby alone in an adult bed
- The mattress needs to be firm

**\*\*MAKE SURE ALL CAREGIVERS ARE AWARE OF AND FOLLOWING YOUR DECISION ON SAFE SLEEP PRACTICES.\*\***