

A Safe Infant Sleeping Environment

Reducing the Risk of SIDS and Other Sleep-Related Infant Deaths

The following steps, recommended by the American Academy of Pediatrics, will help keep your baby safe when sleeping.

- Always put your baby to sleep on his or her back until 1 year of age.
- Place your baby on a firm mattress, with a fitted crib sheet, in a crib that meets the Consumer Product Safety Commission safety standards.
- Keep the crib free from toys, mobiles, stuffed animals, pillows, crib bumpers, blankets, positioning devices and extra bedding.
- Breastfeeding is recommended.
- The safest place for your baby to sleep at night is in a crib in the room where you sleep, but not in your bed, for at least the first six months.
- Keep the bedroom well ventilated, at a temperature that is comfortable for a lightly clothed adult.
- Don't put your baby to sleep on an adult bed, sofa/ couch, armchair, cushion, pillow, or in a car seat, stroller, swing, or bouncy chair.
- Check your baby periodically while asleep.
- Don't allow smoking where your baby plays or sleeps.
- Don't overdress your baby. If additional warmth is needed, use a one-piece blanket sleeper or sleep sack. Remove bibs, clothes with hoods or ties, and hats.
- You may offer a pacifier, once breastfeeding is established.

- Visit your baby's doctor for regular check-ups and immunizations.
- Make supervised tummy time part of your baby's daily activity when awake.
- Make sure everyone who takes care of your baby follows safe sleep practices.



Courtesy of the Back to Sleep Campaign, NICHD, NIH, DHHS

References & Resources

American Academy of Pediatrics (AAP). (2016). SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment and accompanying Technical Report, Task Force on Sudden Infant Death Syndrome, Pediatrics, 138 (5): e20162940 <http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938>

Safe Sleep for Infants in Child Care Programs: Reducing the Risk of SIDS and Other Sleep Related Infant Deaths <http://cchp.ucsf.edu/SIDS-Note>

CCHPTummy Time. <http://cchp.ucsf.edu/Tummy-Time-Note>



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