

# Remember:

## It is NOT safe

to put anything your baby's bed, such as sheepskins, stuffed animals, baby positioners, crib wedges, comforters, pillows, heavy blankets, or bumper pads.

## It is NOT safe

to smoke around your baby or in a room where your baby spends time.

## It is NOT safe

to let your baby sleep on an adult bed, air mattress, beanbag, reclining chair, sofa, waterbed, or on any furniture not made for babies.

Sleeping  
with your  
baby is  
dangerous.

Even if your baby is breastfed and you don't smoke, drink alcohol, or use drugs or other medications, **sleeping with your baby still increases your baby's risk of suffocation or strangulation** while sleeping.

The only way to protect your baby from higher risk is to have your baby sleep in a crib.



For more information about safe sleep for babies, **visit [PreventChildAbuseFL.org](https://PreventChildAbuseFL.org)** or **scan the QR code.**



# SAFE SLEEP FOR YOUR BABY

[PreventChildAbuseFL.org](https://PreventChildAbuseFL.org)

# Helping you reduce the risk of sleep-related death

"The safest place for an infant to sleep is alone in a crib, in the parents' room for the first year of life."

*-American Academy of Pediatrics*

Some parents believe sleeping with their baby will protect the baby from harm, but **sleeping with a baby is dangerous and actually raises the risk of infant death.**

## Important Information

Consider these facts before you decide where your baby will sleep:

- Suffocation and strangulation in an adult bed is the leading cause of injury-related death for infants under one year of age in the state of Florida.
- The risk of sleeping-related infant death is 40 times higher for babies who sleep in adult beds compared to babies who sleep in their own cribs.

## Keep your baby safe during sleep.

To lower the risk of sleep-related death and suffocation and keep your baby safe while they sleep, it is important to:

- Make sure baby's crib, bassinet, cradle, or portable crib is undamaged and meets current standards ([www.cpsc.gov](http://www.cpsc.gov)).
- Put baby's crib, cradle, or bassinet close to your bed for their first year of life.
- Place your baby face-up to sleep. Sleeping on the stomach or side increases the risk of suffocation.
- Tell everyone who takes care of your baby how to keep your baby safe during sleep.
- Make sure the baby's mattress is firm, flat (not inclined), and fits snugly in its frame. Use only the mattress that comes with the crib.
- Make sure the baby's sheet fits tightly around the mattress.
- Keep the baby's sleeping area away from all loose strings (e.g., blind cords, electrical cords, and clothing).
- Respond to your baby's cries during the night.
- Avoid exposing your baby to smoke, alcohol, or drugs.
- Offer your baby a pacifier (never a bottle) when placing your baby down to sleep. The pacifier should not be put back if it is spit out during sleep. If the baby does not want the pacifier, do not force it and never hold it in place. If breastfeeding, do not use a pacifier until the baby is one month old.
- To keep baby from overheating, make the temperature in baby's room comfortable enough for a lightly clothed adult.
- Always hold the bottle when feeding your baby, since propping a bottle can lead to choking or death.
- Hang the baby's mobile out of reach and remove it once they learn to sit up.
- Lower the baby's mattress when your baby learns to sit, and again when they learn to stand to prevent falling out of the crib.

