Safe sleep for your baby

This card offers some safe sleeping tips that have been shown to reduce the risk of SIDS and accidental suffocation.

For more information about **Safe Sleep** for your infant, please visit these websites or call the phone numbers listed below:

Northwest Infant Survival and SIDS Alliance www.nwsids.org or 1.800.533.0376

National Institute for Child Health and Human Development www.nichd.nih.gov/SIDS or 1.800.505.CRIB

American Academy of Pediatrics www.healthychildren.org







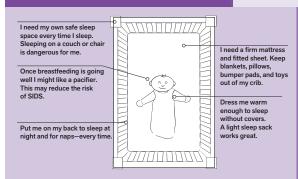


Center for Childhood Safety

Keep your baby safe while asleep

Reduce the risk of Sudden Infant Death Syndrome (SIDS)

Make sure everyone that takes care of your baby knows about safe sleep.



Continued breastfeeding may reduce your baby's risk of SIDS.

Have your baby fully immunized. This may reduce the risk of SIDS.

No one should smoke around your baby. For help quitting: www.smokefree.gov



Bed-sharing is a risk factor for SIDS and can also lead to suffocation.

A baby can suffocate if:

- He or she gets trapped between a sleeping surface and the body of a parent, a brother or sister, or the wall
- The parent or another child rolls over onto the baby.
- There is soft bedding like pillows or comforters on the bed.

Sharing a room with your baby is safer than sharing a bed with your baby.