

Q. What else can I do to keep my baby safe?



- ♥ Be sure grandparents, aunts, uncles, friends, babysitters and others who care for your baby know how to put him to bed safely.
- ♥ Place your baby's crib beside your bed so you can touch and soothe her.
- ♥ Put your baby back in his crib when he is ready for sleep.
- ♥ Never put your baby in bed with older children or adults who could accidentally roll over on her while they are sleeping.
- ♥ Be sure your baby's face and head stay uncovered when she sleeps.

Remember: The safest place for your baby to sleep is in a crib on his back.



For More Information

- ♥ Maine CDC
1-800-698-362 www.mainepublichealth.gov
- ♥ Maine Public Health Nursing
1-800-698-3624
- ♥ Maine Injury Prevention Program
1-800-698-3624 Ext. 75356
- ♥ Back to Sleep Campaign
1-800-505 2742
www.nichd.nih.gov
- ♥ Consumer Product Safety Commission
1-800-638-2772 www.cpsc.gov



Safe Sleeping For My Baby

As a parent, you want to keep your baby safe, even when your baby is sleeping.



Learn ways to be close to your baby and stay safe at the same time.



John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

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John E. Baldacci, Governor

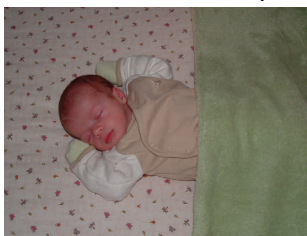
Brenda M. Harvey, Commissioner

Safe Sleeping

► As a parent, you want to keep your baby safe, even when your baby is sleeping.

Ways to keep your baby safe while sleeping.

- ♥ Always place your baby on his back to sleep, even for a nap.
- ♥ If he can not sleep on his back for health reasons, talk to his doctor.



The safest place for your baby to sleep.

- ♥ In a crib with a firm mattress that fits tightly in the frame.
- ♥ Use a fitted sheet that is tight around the mattress.
- ♥ Do not use pillows, quilts, heavy blankets, stuffed toys, bumper pads or soft items in the crib, bassinet or cradle.
- ♥ If needed, use a light weight blanket that is tucked under the mattress.



Bed Time

► Your baby can be clothed for sleep with a bedroom temperature that is comfortable for a lightly clothed adult.

What your baby should wear to bed.

- ♥ Use a one piece sleeper. Your baby should not feel hot to your touch.
- ♥ If it is cold, layer her clothing. Add a t-shirt and socks under the sleeper.



Co-Sleeping

► Co-sleeping is placing a baby in an adult bed to sleep with an adult or other children.

Important things to remember about your baby and co-sleeping.

- ♥ A baby could suffocate in soft, fluffy or loose bedding. He could suffocate on your chest or in your arms.
- ♥ Adults can fall asleep with a baby in the bed and roll onto the baby.
- ♥ Your baby could get trapped between the mattress and the wall or bed frame and suffocate or strangle.
- ♥ If you smoke, use alcohol, take medications or other drugs, you may not be awake enough to care for your baby.

Tummy Time

► Make tummy time part of regular play for your baby and you.

Why tummy time is important.

- ♥ Tummy time helps build your baby's neck and shoulder muscles.
- ♥ Always stay with your baby.
- ♥ Do not put him on a pillow, bean bag, waterbed, couch or sofa.



Sudden Infant Death Syndrome (SIDS)

- SIDS is the sudden and unexplained death of a baby under 1 year old.
- SIDS is the leading cause of death in babies after 1 month of age to 1 year.
- Babies are less likely to die of SIDS when placed on their backs to sleep and not exposed to cigarette smoke.



Remember: Place your baby on his back to sleep, even for a nap.