

## Share the room, not the bed

**Keep baby's sleep area in the same room where you sleep for the first 6 months or, ideally, for the first year.** Place your baby's crib, bassinet, portable crib, or play yard in your bedroom, close to your bed. The American Academy of Pediatrics recommends room sharing because it can decrease the risk of SIDS by as much as 50% and is much safer than bed sharing. In addition, room sharing will make it easier for you to feed, comfort, and watch your baby.

### Before using a crib for the first time:

- Check to see if it meets safety standards by visiting [www.CPSC.gov](http://www.CPSC.gov).
- Check to see if it has been recalled at [www.recalls.gov](http://www.recalls.gov).

**If you swaddle your baby, do so safely.** Make sure that the baby is always on his or her back when swaddled. The swaddle should not be too tight, weighted, or make it hard for the baby to breathe or move his or her hips. When your baby is old enough to start trying to roll over, you should stop swaddling.

## Other ways to keep babies safe and reduce the risk of SUID/SIDS

No one should smoke or use nicotine products around your baby

- Idaho Quit line: 1-800-QUIT-NOW

Breastfeed your baby

- [WIC.dhw.idaho.gov](http://WIC.dhw.idaho.gov)
- Breastfeeding Helpline: 1-800-994-9662

Immunize your baby

- [immunizeidaho.org](http://immunizeidaho.org)
- Talk with your baby's pediatrician

Get help if anyone who cares for your baby is using drugs or alcohol

- Idaho Substance Use Disorder Services: 1-800-922-3406
- Idaho Careline: 2-1-1

## Other Resources

- National Domestic Violence hotline: 1-800-799-7233

Home Visiting - Scan Here



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# INFANT SAFE SLEEP



## SUID/SIDS and Safe Sleep

Sudden Unexpected Infant Death (SUID) is the death of an infant under the age of one year that occurs suddenly and unexpectedly. SUID includes deaths due to a known cause, such as accidental suffocation, as well as deaths due to Sudden Infant Death Syndrome (SIDS) in which the cause is unknown even after investigation. A safe sleep environment can reduce the risk of SUID and SIDS.

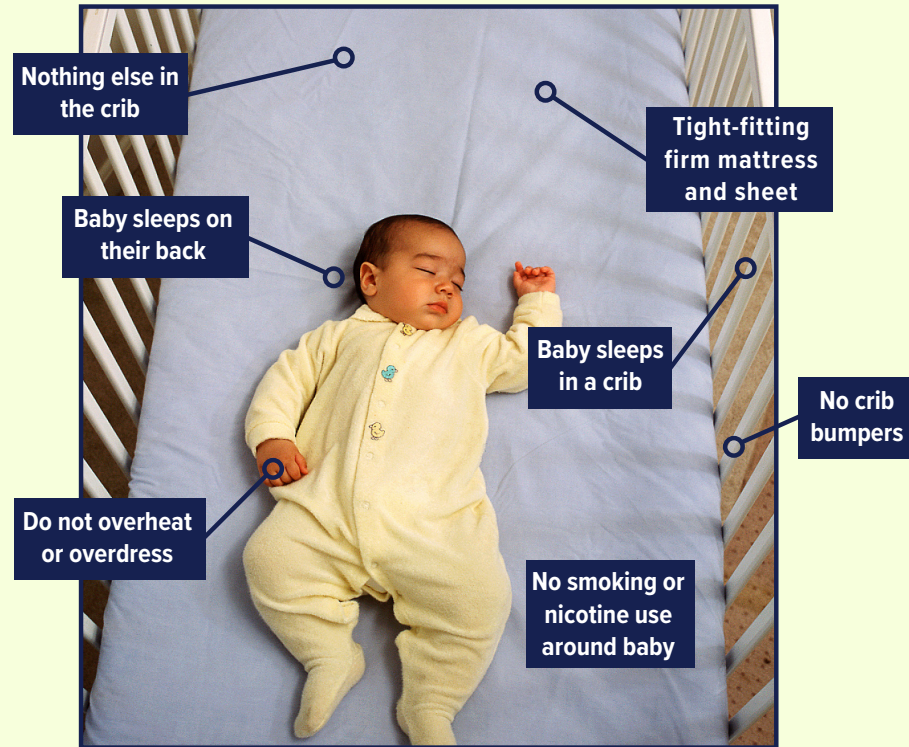
**SUID is a leading cause of death for infants.**

Parents and caregivers should practice safe sleep recommendations during all sleep times, including naps. If baby falls asleep in a car seat, swing, stroller, or infant carrier, move baby to a safe sleep surface as soon as possible. Let grandparents, babysitters, child care providers, and friends know about the safest way for your baby to sleep.

**For more information on Safe Sleep scan here**



## ABC's of Safe Sleep: Alone, Back, Crib



- **Alone** - Babies should sleep by themselves in a crib or bassinet. If you breastfeed in bed, always return baby to their crib after nursing.
- **Back** - Always put babies to sleep on their back, even when they can roll over.
- **Crib** - Always place baby in an empty, firm, flat, non inclined, crib or bassinet that meets safety standards and is free of blankets, pillows, and other soft items.
- Do not overheat your baby. Dress your baby in lightweight sleep clothing, like a sleep sack. Keep baby's head and face uncovered during all sleep times.
- Try giving a pacifier at nap time and bedtime. This helps reduce the risk of SIDS, even if it falls out after the baby is asleep. **Remember to wait to use one until breastfeeding is well-established.**
- Give baby plenty of tummy time when baby is awake and supervised.
- Avoid heart and breathing monitors as your main way to reduce the risk of SIDS.