

- Infants should be placed on the back to sleep for every sleep (naps and at night). Side sleeping is not as safe as sleeping on the back.
- A firm sleep surface covered by a fitted sheet should be used. Soft materials or objects such as pillows, quilts, comforters or sheepskins should not be placed under an infant.
- Soft objects, such as stuffed animals, and loose bedding should be kept out of the crib. Use sleep clothing, such as a one-piece sleeper. Do not use other covering over the infant, or sleep sacks.
- Smoking during pregnancy should be avoided. Do not let anyone smoke near your baby.
- A separate but close sleeping environment is recommended. The risk of SIDS has been shown to be lowered when the infant sleeps in the same room as the mother. Bed sharing is more hazardous than having the infant sleep on a separate sleep surface. An infant should not be brought into an adult bed when the parent is really tired, using medications or substances that could impair his or her alertness. If breastfeeding in the same bed, place the baby back in a separate sleep area, such as a bassinet, crib, or a bedside co-sleeper (infant bed that attaches to an adult bed) when finished. Infants should not share a bed with other children and should NEVER sleep on a couch or armchair, with or without another person present.
- Avoid overheating. Infants should be lightly, but comfortably clothed for sleep and the room temperature should not be hot.
- Commercial devices marketed to reduce the risk of SIDS, such as home monitors and positioning devices have not been proven to decrease the incidence of SIDS and should not be used without asking a medical professional.
- Although pacifier use may decrease the risk of SIDS, a pacifier does not have to be used until after a month of age and should not be forced on a baby. Once the infant falls asleep and the infant spits the pacifier out it does not have to be put back in his/her mouth. Use a clean, dry pacifier. If breastfeeding, wait until baby is 1 month old or is used to breastfeeding before a pacifier is used.
- Give the infant “Tummy Time” when he/she is awake and someone is watching. Change the direction the baby lies in the crib from one week to the next. Avoid too much time in car seats, carriers, and bouncers.

