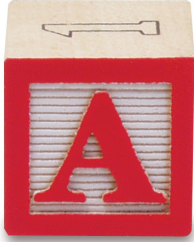


ABCs of Safe Sleep for Baby

Alone on Back in Crib



Alone

- Baby should not share a bed, couch or other sleep surface with adults, other children or pets. Bed sharing (sharing a sleep surface) with Baby increases the risk of accidental smothering.
- Baby's sleep area should be free of items such as bumper pads, sheepskins, pillows, loose blankets or toys. Do not use heavy blankets or comforters that could overheat Baby or cover Baby's face and head.
- The risks of bed sharing are increased in certain situations. These situations include if the caregiver is a smoker, is very overweight, or during conditions that make it hard to respond to Baby, such as being very tired, being ill, drinking alcohol, using drugs, or taking pills that cause sleepiness. The home should be smoke-free.



Back to Sleep

- Baby should be placed on his/her back to sleep for the first year of life. Baby should not be placed on his/her tummy or side for sleeping.
- Research has shown that Sudden Infant Death Syndrome (SIDS) is less common when Baby sleeps on his/her back.
- "Tummy time" can be enjoyed by Baby when awake and being watched by the caregiver.



Crib

- The safest place for Baby to sleep is on a firm, flat, snug mattress in a crib that meets the Canadian safety standards. If this is not possible contact a public health nurse or agency.
- Having Baby's crib in the caregiver's room for the first 6 months allows the benefits of close sleeping without the risks of bed sharing. **Return Baby to crib after feeding.**
- Places that are not safe for Baby to sleep include car seats, playpens, recliners, adult beds, water beds, soft or sagging mattresses, sofas and day beds.

"In Manitoba, every month there is an average of one sudden and unexpected death of a healthy infant during sleep."

Office of Chief Medical Examiner, April 27, 2009

Parents whose babies have died from unsafe sleep situations want others to know how to keep their baby safe.



Prepared by the Provincial Advisory Committee on Child Abuse (PACCA)

from Canadian Paediatrics Association, Caring for Kids: www.caringforkids.cps.ca/handouts/safe_sleep_for_babies and Health Canada, Safe Sleep Practices: www.hc-sc.gc.ca/cps-spc/pubs/cons/sleep-sommeil-eng.php

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