Safe Sleep for Your Baby

Each year in Hampton Roads, too many babies dies suddenly and unexpectedly from **PREVENTABLE** sleep-related causes.



Safe Sleep Tips:

- Avoid smoking around baby. Smoke in the air or on clothes is dangerous for baby.
- Adult beds, couches, chairs and car seats are not safe for baby to sleep.
- If you are tired while holding baby, place baby back in the crib.
- Breastfeed, if you are able.
- Offer baby a pacifier (without a string or toy attached)
- Make sure everyone that cares for baby follows these safe sleep tips.

Learn more about infant safe sleep: www.sleeptighthamptonroads.org





To reduce the risk of sleep-related causes of infant death, share your room for baby's first 6 months to a year and follow the safe sleep ABCs:





Keep baby on a separate surface such as a crib or pack n' play without toys, blankets and other soft items.





Always place baby on his or her back to sleep, for naps and at night.





A crib or pack n' play is the safest place for baby to sleep.



The information provided is based on the American Academy of Pediatrics 2016 Recommendations for Infant Safe Sleep. * Images courtesy o the Safe to Sleep® campaign, for educational purposes only; Eunice Kennedy Shriver National Institute of Child Health and Human Development, http://safetosleep.nichd.nih.gov; Safe to Sleep® is a registered trademark of the U.S. Department of Health and Human Service