



your birth story begins here.....

## Safe Sleep Education

**Sudden Infant Death Syndrome (SIDS)**- When babies die while they are sleeping.

**Sudden Unexpected Infant Death (SUID)**- Includes SIDS, accidental death or strangulation, and ill defined/unknown causes.

**Research shows that breastfeeding, room sharing but not bed sharing, and pacifier use once breastfeeding is well established can greatly reduce the risk of SUID. The protection of breastfeeding increases if babies are exclusively breastfed but any amount offers some protection.**

### How to Promote a Safe Sleep Environment:

- 1.) Always put your baby to sleep on their back! Babies should never sleep on their side or abdomen.
- 2.) Put your baby in a crib, bassinet, or portable crib that has been approved for sleeping. This should be done every time the baby sleeps. These should have a firm mattress, with a fitted sheet, and nothing else should be in the sleep area!
- 3.) Use sleep sacks approved for swaddling and sleep. You may use a light blanket for swaddling if they are not too loose, too tight, and not higher than shoulder height. Stop swaddling once your baby starts attempting to roll over.
- 5.) Avoid overheating your baby. Babies only need up to one light layer more than you would wear to sleep in the same environment.
- 6.) Avoid sleeping in the same bed as your baby, chair, or couch.
- 7.) Avoid smoking! Even if you or your partner smoke away from your baby, the smoke on your clothes can still negatively affect your baby and increase the chance of SUID.

### Difference Between Room Sharing and Bed Sharing:

**Room Sharing:** Baby sleeps on a safe surface that is near you but not on the same surface with you. The surface that your baby sleeps on should be his own crib or bassinet in your room. Room sharing can allow you to quickly hear your baby when they need a diaper change or need to be fed. Room sharing is not the same as bed sharing.

**Bed Sharing:** Baby sleeps in the bed, couch, or chair with you and you are close enough to touch. This has been linked to SUID up to 1 year old. This is **not recommended** by the American Academy of Pediatrics.

**If you chose to participate in Bed Sharing (although not recommended) there are some ways to improve safety:**

- 1.) Make sure the covers do not go over the baby and remove all pillows.
- 2.) Make sure the mattress is **firm**, should not be pillow top or old. Always use a fitted sheet.
- 3.) Do not have anyone else sleep in the bed but the parents.



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Never smoke, drink alcohol, use marijuana or any drugs illicit or prescribed before bed sharing.

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