

✓ **What can you do to protect your baby?**

Your baby should be sleeping:

- on his/her back.
- in a safe empty crib with a firm mattress.
- with a responsible adult in the same room or nearby.

✓ **What is a safe crib?**

A safe crib:

- is sturdy, well-maintained and does not have cutouts in the headboard or footboard.
- has a firm mattress that fits the headboard and footboard tightly with no gaps.
- has a sheet and mattress pad that fit tightly.
- has no missing slats and the slats are no more than 2-3/8 inches apart (about the size of a soda pop can).
- does not have pillows, bumper pads, stuffed toys, quilts, lamb skins, blankets or stuffed toys.
- does not have corner posts.

Risks for deadly accidents increase if you allow your baby to sleep in any of the following places:

- in an adult bed, on a couch, chair, bean bag, waterbed, featherbed, futon or recliner
- with pillows, bumper pads, stuffed toys, quilts, lamb skins, blankets
- with other children or pets

✓ **Your baby will be safest:**

- on his/her back, unless your baby's doctor tells you not to.
- in a safe empty crib with a firm mattress.
- in a room that is smoke-free.
- in a room that is not too warm or too cold. (68-72°F).
- in a one-piece sleeper or sleep sack with nothing over him/her.

The CFRB recommends that you



not place your baby in bed with you or in any adult bed.

However, some mothers will bring their baby into bed to comfort, settle or feed for short periods at night. If possible, breast-feed your baby. Breast-fed babies are healthier and wake up more easily. If you choose to take your baby to bed, please provide the safest space possible.

Your adult bed should be closely checked to make sure it:

- has a firm mattress that fits the headboard and footboard tightly with no spaces, which could trap your baby.
- is at least two feet from the wall to avoid trapping your baby.
- does not have pillows and/or covers that could smother your baby.

There is no one sleep space that can guarantee a baby will be risk-free, but there are ways of reducing the risk.

Your baby should not be in bed with anyone (even you) who:

- smokes, even if they don't smoke in bed.
- has used alcohol, drugs, prescriptions or other medication. (Any of these can lower a person's ability to respond.)
- is overly tired, ill or does not wake easily. (Please take care of yourself. Get plenty of rest and eat well.)
- is obese (overweight).
- has long hair that is not tied up.

Once again, the CFRB recommends that you not place your baby in bed with you or in any adult bed. If you do take your baby to bed to comfort or feed, please return your baby to his/her crib to sleep.

✓ **Your baby's caregivers need to know and agree to follow your baby's sleep rules.**

- Everyone who cares for your baby must know all of the sleep rules you follow in the normal care of your baby.
- If a caregiver does not want to follow those rules, you should find another caregiver.
- Your caregiver should provide a safe sleep space for your baby that is free of people, objects or pets that could cover your baby's nose or mouth and not allow the baby to move or breathe.





The Montgomery County Child Fatality Review Board (CFRB) is charged with preventing infant deaths in our community. The goal is to raise awareness about unsafe sleep practices that lead to the death of infants less than one year of age.

In Montgomery County nearly one baby a month dies due to unsafe sleep practices.



Remember the safest way for your baby to sleep is:

- *in a safe empty baby crib.*
- *on his/her back.*
- *on a firm mattress.*
- *with a responsible adult in the same room or nearby.*

There is no one sleep space that can guarantee a baby will be risk-free, but there are ways to reduce the risk.

This brochure is produced and distributed by the Montgomery County Ohio Child Fatality Review Board.

For more information about safe sleep references , please contact:

*The Family Resource Center at
The Children's Medical Center, 937-641-3700,
Combined Health District of
Montgomery County, 937-225-4403,
Miami Valley Hospital, 937-208-BABY or
Montgomery County Children Services,
937-224-KIDS*

A copy for duplication can be found at the following websites:

- The Children's Medical Center of Dayton, www.childrensdayton.org
- Combined Health District of Montgomery County, www.chdmc.org
- Miami Valley Hospital, www.mvh.org
- Montgomery County Children Services, www.montcsb.org

SAFE SLEEP

for your baby

