

# Other Tips

## TIPS



Make sure **everyone** caring for your baby follows these tips!

[health.ny.gov/safesleep](https://health.ny.gov/safesleep)

- Use a one-piece sleeper. Don't use blankets.
- Be sure baby is not too warm.
- Breastfeed your baby.
- Try using a pacifier for sleep but don't force baby to take it.
- Get your baby immunized.
- If your baby is in a front or back baby carrier, be sure that baby's face is always visible.
- Never use a car seat, baby swing, carriage or other carrier without properly fastening all the straps. Babies have been caught in partially fastened straps and died.
- Make sure no one smokes in your home or around your baby.
- Don't use alcohol or drugs.
- Don't rely on home baby monitors.



Department of Health | Office of Children and Family Services

# Follow the ABCs of Safe Sleep



## **A** Alone.

Baby should sleep **Alone**.

## **B** Back.

Put baby on their **Back**.

## **C** Crib.

Put baby in a safe **Crib**.

## ★ Alone.

## ★ Back.

## ★ Crib.

*About 90 babies die each year in New York State from sleep-related causes. Right from the start, help your baby sleep safely every time sleep begins.*

### ALONE

- Put baby on their back to sleep – even if baby was born early (premature).
- Your baby should not sleep with adults or other children.
- Share your room, not your bed. Room-sharing lets you keep a close watch over your baby while preventing accidents that might happen when baby is sleeping in an adult bed.
- Nothing should be in the crib except baby; no pillows, bumper pads, blankets or toys.



### BACK

- Put baby to sleep on their back, not on their tummy or side.
- Do not put your baby on their tummy every day when baby is awake and being watched. “Tummy time” helps baby develop strong shoulder and neck muscles.



### CRIB

- Use a safety-approved\* crib/bassinet/playard with a firm mattress and a fitted sheet.
- If baby falls asleep on a bed, couch, armchair, or in a sling, swing or other carrier, put baby in a crib to finish sleeping.

*\*For crib safety, go to the Consumer Product Safety Commission:*

[cpsc.gov/en/Safety-Education/Safety-Education-Centers/Cribs/](https://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/Cribs/)

