

Safe Sleep Card

MultiCare Mary Bridge Children's Hospital & Health Center

FRONT/BACK

Safe sleep for your baby

This card offers some safe sleeping tips that have been shown to reduce the risk of SIDS and accidental suffocation.

For more information about **Safe Sleep** for your infant, please visit these websites or call the phone numbers listed below:

Northwest Infant Survival and SIDS Alliance • www.nwsids.org or 1.800.533.0376

National Institute for Child Health and Human Development • www.nichd.nih.gov/SIDS or 1.800.505.CRIB

American Academy of Pediatrics • www.healthychildren.org

MultiCare 
Mary Bridge Children's Hospital
& Health Center
Center for Childhood Safety



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Keep your baby safe while asleep

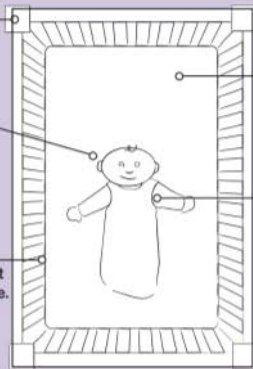
Reduce the risk of Sudden Infant Death Syndrome (SIDS)

Make sure everyone that takes care of your baby knows about safe sleep.

I need my own safe sleep space every time I sleep. Sleeping on a couch or chair is dangerous for me.

Once breastfeeding is going well I might like a pacifier. This may reduce the risk of SIDS.

Put me on my back to sleep at night and for naps—every time.



I need a firm mattress and fitted sheet. Keep blankets, pillows, bumper pads, and toys out of my crib.

Dress me warm enough to sleep without covers. A light sleep sack works great.

Continued breastfeeding may reduce your baby's risk of SIDS.

No one should smoke around your baby. For help quitting: www.smokefree.gov



Have your baby fully immunized. This may reduce the risk of SIDS.

Bed-sharing is a risk factor for SIDS and can also lead to suffocation.

A baby can suffocate if:

- He or she gets trapped between a sleeping surface and the body of a parent, a brother or sister, or the wall.
- The parent or another child rolls over onto the baby.
- There is soft bedding like pillows or comforters on the bed.

Sharing a room with your baby is safer than sharing a bed with your baby.