



# 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:*

## **SAFE START**

**[safestartnw.org](http://safestartnw.org)**

## **AMERICAN ACADEMY OF PEDIATRICS**

**[www.healthychildren.org](http://www.healthychildren.org)**

## **MARY BRIDGE CHILDREN'S**

**[www.marybridge.org/services/childhood-safety/safety-information/help-your-baby-sleep-safely](http://www.marybridge.org/services/childhood-safety/safety-information/help-your-baby-sleep-safely)**

-  Continued breast or chest feeding may reduce your baby's risk of SIDS.
-  No one should smoke around your baby. For help quitting: **[www.smokefree.gov](http://www.smokefree.gov)**.
-  Have your baby fully vaccinated. This may reduce the risk of SIDS.

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**CHILDREN, YOUTH & FAMILIES**

# Keep your baby safe while asleep.



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

Once breast or chest feeding 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.

## Reduce the risk of Sudden Infant Death Syndrome (SIDS).

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

**Bed-sharing is a risk factor for SIDS and can also lead to suffocation. A baby can suffocate if:**

- They get trapped between a sleeping surface and the body of a caregiver, a brother or sister, or the wall.
- The caregiver 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.***

*Based on 2022 recommendations of the American Academy of Pediatrics*