

Healthy Babies



Cradle boards may help reduce the risk of SIDS by keeping your baby on his or her back.

Make sure your baby does not get too hot. Do not overbundle your baby.



For more information or to obtain copies of this brochure please contact:

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Healthy Babies Sleep Safely



**Reduce the Risk of
Sudden Infant Death
Syndrome (SIDS)**



Babies sleep safest on their backs

There are many things you can do to keep your baby safe and healthy.

One important thing you can do is to be aware of SIDS. Some babies that are under one year old don't ever wake up, and we can't find a reason why. This is called SIDS or Sudden Infant Death Syndrome.

Your baby trusts you to put him or her to sleep correctly so he or she can wake up healthy.

There are simple steps you can take to reduce your baby's risk for SIDS.

Checklist for Putting Your Baby to Sleep:

- ✓ Your baby is on his or her back *and not on the stomach or side.*
- ✓ The crib mattress is firm and the bed sheet is tightly fitted to the mattress.
- ✓ There are no soft objects in the sleeping area *like pillows, quilts, comforters, bumper pads or stuffed toys.*
 - *If using a blanket, keep it away from your baby's face: place your baby with his or her feet to the foot of the crib, cover your baby from the waist down and tuck the blanket under the crib mattress.*
- ✓ Your baby is warm and not too hot.
 - *He or she should not be overdressed. Dress your baby in light clothing, and the bedroom temperature should be comfortable for a lightly clothed adult.*

Other Simple Tips:

- Don't sleep with your baby.

A separate sleep area close to you is recommended, but if you must sleep with your baby, don't drink alcohol, don't sleep on a couch or other soft surface, don't use a heavy blanket, clear the area of soft objects, and make sure your baby is on his or her back.
- Don't let anyone smoke around your baby.
- Breastfeed your baby.
- Take your baby to the doctor regularly.
- Consider using a pacifier when placing your baby down to sleep.

Wait until your baby is one month old and breastfeeding is established. Clean the pacifier by following the instructions on the package, or wash it with soap and rinse in hot, running water. Do not clean by putting the pacifier in your mouth. Don't force your baby to take the pacifier if he or she refuses it.
- Make sure everyone puts your baby to sleep using the checklist on the left.

Let your baby play on his or her tummy when awake and while you are watching so that his or her neck and back can grow strong.

Sleep Safely