

# Infant Safe Sleep

## Know the A-B-Cs



## Know the Facts

*Any baby can die while sleeping or napping. Sleep-related infant deaths are preventable. Babies who sleep or nap in an unsafe environment are at risk of dying suddenly and unexpectedly during sleep. The best way to prevent this tragedy is to make sure that a baby's sleeping environment and position are safe. Anyone who takes care of babies should know these facts to keep babies safe.*

## Always

### Remember the A-B-Cs of safe sleep

- **ALONE:** Infants should always sleep or nap alone.
- **BACK:** Always put a baby on their back to sleep or nap.
- **CRIB:** Babies should always sleep or nap in their own safety-approved crib or play yard. Keep loose bedding, bumper pads, blankets, toys or pillows out of cribs to prevent sleep-related tragedies.

## Never

- **Never** put babies to sleep or nap with other people, pets, or stuffed animals. Babies who share a sleep surface with other people or objects are at increased risk of suffocating.
- **Never** put babies to sleep or nap on their stomachs. This can cause choking and make it harder for them to breathe.
- **Never** put babies to sleep on adult beds, sofas, recliners, armchairs, futons, and loveseats, or in car seats and baby bouncers. They should sleep in their own safety-approved crib or play yard that has a firm mattress and a fitted sheet.

## For more information

### **Consumer Product Safety Commission (CPSC) Crib Information Center**

(<http://cpsc.gov/en/safety-education/safety-education-centers/cribs/>)

### **Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD)**

(<https://www.nichd.nih.gov/sts/about/environment/Pages/default.aspx>)

### **Minnesota Department of Health (MDH)**

(<http://www.health.state.mn.us/divs/cfh/program/infantmortality/suids.cfm>)



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