

The **A B C** 's of **Infant Safe Sleeping**



A TRAGEDY WE CAN PREVENT

Every other week in Sacramento County, a baby dies while sleeping.

These babies are found:

- sleeping somewhere other than a crib
- sleeping with their parents, grandparents or other caregivers
- sleeping with their brother, sister or other children

To prevent these tragic deaths, make sure your baby is safe during sleep, both day and night. Learn the ABC's of safe sleep. It could save your baby's life.



The ABC's of Infant Safe Sleeping

A for Alone

- Put baby to sleep alone in their own crib or bassinet.
- Don't put baby to bed with other children or adults. They can accidentally suffocate a baby by lying too close to the baby's mouth or nose, or rolling onto them while asleep.
- Keep all soft items away from baby when sleeping in crib or bassinet. Babies should not sleep with stuffed animals, pillows or blankets — soft items could accidentally fall over a baby's face and suffocate them.
- A blanket sleeper or sleep sack will keep a baby comfortable. Don't use heavy blankets or quilts that may overheat the baby.

B for Back

- Put babies to sleep on their backs. Babies who sleep on their backs are much less likely to die of infant sleep-related deaths.
- Teach other mothers, grandmothers and those who care for your baby that "back to sleep" is safest for babies.
- "Back to sleep" will not increase a baby's risk of choking according to doctors.

C for Crib

- Cribs and bassinets are the safest places for babies to sleep.
- Cribs should be free of pillows, bumpers, stuffed toys, blankets or anything that could accidentally cover your baby's face and suffocate them.
- Make sure the crib mattress is firm and fits snugly with no space between the mattress and the side of the crib where the baby could become trapped.
- Unlike firm crib mattresses, adult beds are soft and can cause babies to suffocate.
- Always return your baby to their crib after nursing. To make breastfeeding easier, keep a crib or bassinet next to your bed.
- Mothers who exclusively breastfeed their baby should discuss infant safe sleeping with their lactation consultant.





KEEP YOUR BABY SAFE DURING SLEEP

“Remember your **ABC’s** — make sure your baby sleeps **A**lone, on their **B**ack, in a **C**rib or bassinet.”

— Pediatrician

“We make sure our new baby sleeps safely, day and night, by placing her on her back in her own crib.”

— New parent

“Putting your baby to bed on their back in a safe crib or bassinet will help everyone in the family get a healthier night’s sleep.”

— Grandparent

For more information, contact:



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