

SAFE SLEEP

Saves Lives ♥

Simple steps can greatly reduce the risk of SIDS and other sleep-related infant deaths.



THE ABCs OF SAFE SLEEP

A

ALONE

Baby should sleep alone in a crib, bassinet, or play yard.



B

BACK

Always place your baby on their back for every sleep, including naps.



C

CRIB

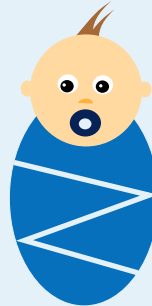
Use a firm, flat mattress with a fitted sheet. Keep the crib empty. No blankets, pillows, toys, or bumper pads.



SAFE SLEEP CHECKLIST

- ✓ Always place baby on their back.
- ✓ Use a firm, flat sleep surface.
- ✓ Keep the crib empty.
- ✓ Share your room, not your bed, for at least the first 6 months (ideally the first year).
- ✓ Dress baby lightly. Avoid overheating.
- ✓ Offer a pacifier at naps and bedtime if breastfeeding is well established.
- ✓ Avoid smoking, vaping, or nicotine around your baby.
- ✓ Always place baby on their back.
- ✓ If baby falls asleep in a car seat, swing, stroller or bouncer, move them to a crib or bassinet as soon as possible.

IF YOU SWADDLE



- ♥ Always place baby on their back.
- ♥ Stop swaddling as soon as baby shows signs of rolling over.
- ♥ Never use weighted swaddles.

DID YOU KNOW?



Sleep-related deaths remain one of the leading causes of death for infants under one year of age.

Following safe sleep recommendations can significantly reduce the risk of SIDS and other sleep-related infant deaths.



QUESTIONS?

Talk with your baby's pediatrician or your healthcare team.



McAlester Regional
HEALTH CENTER



1 Clark Bass Blvd
McAlester, OK 74501



918-421-8399

Scan to learn more about safe sleep.



healthychildren.org/safesleep

♥ A safe sleep environment today helps protect their tomorrow. ♥