

Why do some babies die during sleep?

- ▶ Some babies die of Sudden Infant Death Syndrome (SIDS), where no cause of death is found.
- ▶ Some babies are unintentionally suffocated by objects or people in their sleep area.
- ▶ Sometimes stale air is trapped around a baby's face while tummy sleeping or by objects or people blocking air near a baby's face. Rebreathing this stale air is thought to cause some babies to stop breathing.

What else can I do to reduce the risk of my baby dying during sleep?

- ▶ **Breastfeeding and pacifier use can be protective.** Introduce a pacifier after breastfeeding is well established. Put the pacifier in your baby's mouth at bedtime if she will take it, and do not worry if it falls out during sleep.
- ▶ **Avoid overheating your baby.**
 - Keep the room temperature comfortable for you.
 - Dress your baby in a warm sleeper and do not use blankets.

What about when others care for my baby?

BE SURE all caregivers, especially grandparents, put babies on their backs to sleep at night and nap time. **Babies who usually sleep on their backs are at an increased risk of sleep-related death when put on their tummies for sleep.**

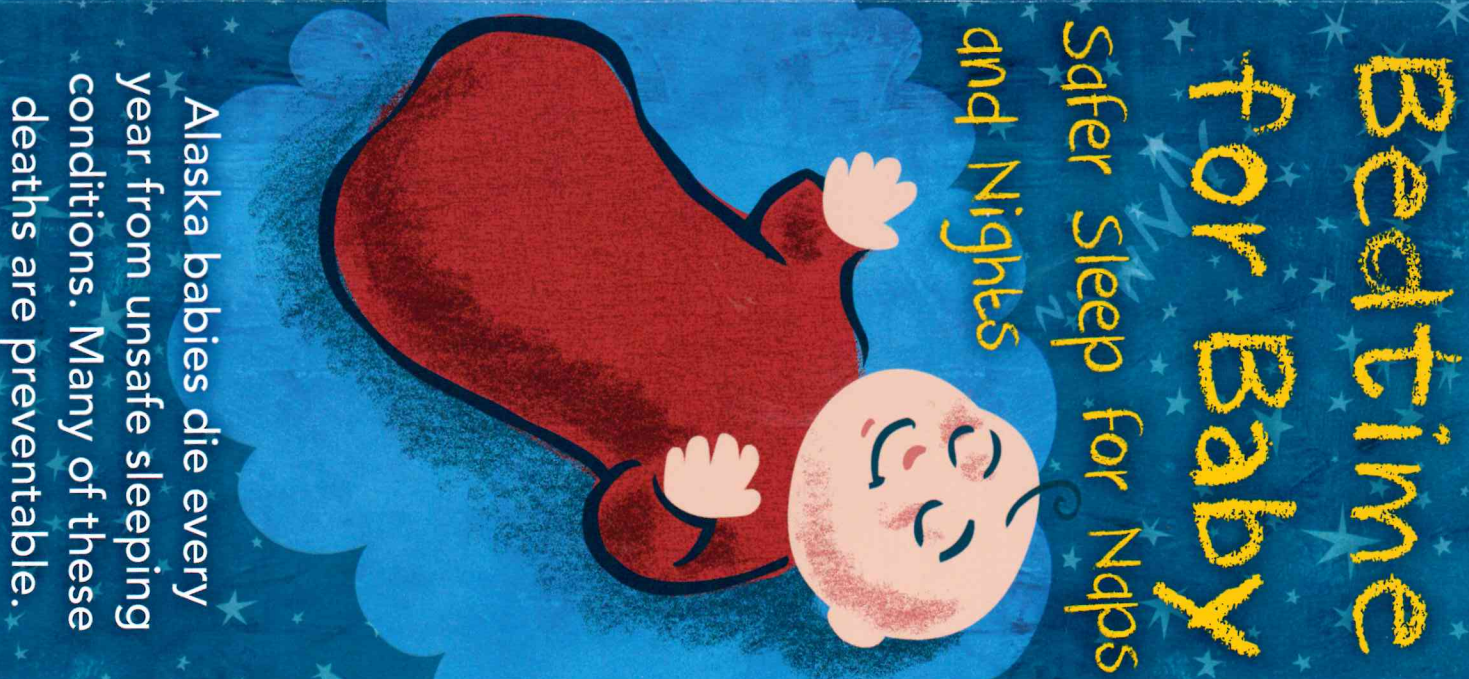
Quit tobacco for your baby and you!

- ▶ Women who smoke during pregnancy increase the risk for infant sleep-related death.
- ▶ Babies who are exposed to secondhand smoke after birth are also at greater risk of dying during sleep.
- ▶ Chemicals in secondhand smoke appear to affect babies' brains and breathing.
Source: www.cdc.gov/tobacco

ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

For More Information:

- ▶ Alaska Division of Public Health/Section of Women's, Children's and Family Health: dhss.alaska.gov/dph/wch/pages/perinatal
- ▶ Alaska Quit Line: www.alaskaquitline.com
- ▶ American Academy of Pediatrics: www.aap.org
- ▶ Consumer Product Safety Commission (CPSC): www.cpsc.gov
- ▶ National SUID/SIDS Resource Center: www.sidscenter.org
- ▶ Period of Purple Crying: www.purplecrying.info



For babies less than 1 year old, follow these guidelines to protect them when they sleep.

It's as simple as

A, B, C.

SAFEST SLEEP

Babies are **SAFEST** when they sleep:

- ▶ **Alone** – Nothing in the crib with baby, not even crib bumper pads.
- ▶ **On their Backs** – Babies breathe better and are less likely to choke when sleeping on their backs, except those with rare medical problems. Ask your health care provider if you're concerned.
- ▶ **In their Cribs*** – Cribs should be safety approved. Check the Consumer Product Safety website, www.cpsc.gov, for more information on cribs and play yards.

* The American Academy of Pediatrics recommends having your baby sleep in a crib in your room.



Keep your baby sleeping safely!

Your baby needs lots of room to breathe.

When babies sleep someplace other than safety-approved cribs, reduce risks by putting them to sleep:

- ▶ On their backs on a firm surface.*
- ▶ In places where there is no risk of falling or being trapped by furniture or walls.
- ▶ In places where nothing is near that could block their breathing or the air flow around their face such as a blanket, pillow, toy or person.
- ▶ In a tobacco-free environment.

* If your baby can roll from front to back and back to front it's okay to let him sleep on his tummy or side, but always lay him down on his back.

Sharing the sleep surface puts your baby at risk.

UNSAFE SLEEP

Babies are **UNSAFE** when they sleep:

- ▶ On their tummies or sides or on soft surfaces like couches or comforters.
- ▶ In an area with blankets, pillows, toys or bumper pads.
- ▶ In the same bed:
 - ▶ With anyone before they are 3 months old.
 - ▶ With a non-primary caregiver, another child, or a pet.
 - ▶ With their mother if she smoked during pregnancy.
 - ▶ With their mother or primary caregiver if they:
 - Currently smoke.
 - Are under the influence of alcohol, drugs, or medications.
 - Are very tired.
 - Are obese.