

# *Safe Sleep Guide*

**Top 13 Tips to Keep  
Your Baby Safe  
During Sleep**



## **#1 Keep Yourself Healthy**

Do not smoke, drink alcohol or take drugs during pregnancy. Receive regular prenatal care

## **#2 ALWAYS place your baby to sleep on his or her back for naps and nighttime**

## **#3 Put your baby to sleep on a FIRM Sleep Surface**

Get more information about crib safety and products from:  
[www.cpsc.gov/en/Safety-Educati...](http://www.cpsc.gov/en/Safety-Educati...)

## **#4 Baby should Roomshare with a parent but in their own separate sleep area**


## **#5 Do not allow your baby to be exposed to Smoke**

If you or someone in your home needs help quitting smoking, here are some resources for you:


The American Cancer Society Program Quit for Life [www.QuitNow.net](http://www.QuitNow.net)  
1-800-QUIT-Now

The Mayo Clinic smoking cessation program [www.BecomeAnEx.org](http://www.BecomeAnEx.org)

## **#6 Keep soft bedding, toys, bumpers and loose blankets and pillows out of your baby's sleep area**







## **#7 Breastfeed Your Baby as much as possible**

Find a la leche league leader at [www.llli.org](http://www.llli.org) find a certified lactation consultant at [www.ilca.org](http://www.ilca.org)

## **#8 Give your baby a pacifier that is NOT attached to a string or cord for naps and nighttime**

## **#9 Don't let your baby get overheated during sleep**

## **#10 Get your baby regular check ups and vaccines according to the recommended schedule**

## **#11 Don't purchase products claiming to reduce the risk of SUID**

If you have questions about the safety of a child product go here: [www.cpsc.gov/en/safety-educati...](http://www.cpsc.gov/en/safety-educati...)

## **#12 Give your baby lots of Tummy Time when he or she is awake**

## **#13 Develop a sleep plan for baby when staying away from home**

Information in this guide gathered from multiple sources including the American Academy of Pediatrics, National Institute of Health, Consumer Product Safety Commission and the Centers for Disease Control. This information is being provided to you for educational and informational purposes only. The purpose is to educate you about ways to keep your child safe and healthy and as a self help tool for your own use. It is not intended as medical advice or to serve as a health care provider relationship. Any individual questions or concerns should be addressed to your own personal health care provider. This information is to be used based on your own judgement. See full Disclaimer @ [WWW.Dreambabycafe.com](http://WWW.Dreambabycafe.com) For full Safe to Sleep ebook go to [WWW.DreambabyCafe.com](http://WWW.DreambabyCafe.com) Personal duplication permissible only except with permission by author LuAnn Marlow RN, MN, CPNP Dream Baby Cafe,LLC 2017

