



Babies are  
*safe*  
when they sleep  
*alone*  
in a **CRIB**, on their  
*backs*  
with **NO** bumpers,  
blankets, pillows or toys.

**babysafe**sleep  
*coalition*

[www.BabySafeSleep.org](http://www.BabySafeSleep.org)

Your baby needs  
*you*  
to keep him or her  
*safe*  
...even when sleeping!

**EVERYONE** who cares for your baby should follow these tips every time the baby is put down to sleep or nap:

- Always place baby on his/her back, **ALONE**, to sleep every time...at night and for naps, with no blankets, bumpers, pillows or toys.
- Baby should **NEVER** sleep on sofas, chairs, recliners, waterbeds, pillows, cushions, blankets.
- Use a safety approved crib (bassinet, play yard) with a firm crib mattress and tight-fitting crib sheet.
- Keep baby comfortable in a sleep sack or one-piece sleeper. Baby should not be too warm.
- No smoking around baby...**NO ONE, NOWHERE!**
- Do **NOT** use sleep positioners, apnea monitors, or similar items.

#### Going to sleep...

**Is something we all must LEARN!** It is your job to help your baby **LEARN** to fall asleep safely.

The younger the baby is, the less time they stay awake. Learn the sleep signs for your baby:

- Less activity, yawning, slower movements, quieter.
- Eyes droopy and less focused.

If baby becomes more fussy and cranky, rubbing at his/her eyes, he/she may be overtired—making it harder to get to sleep.

#### Ways to help soothe your baby to sleep:

- Babies love touch. Try a warm bath. Rub their back, arms, legs, give a gentle massage.
- Babies love motion. Walk, rock, sway, or dance with your baby.
- Babies love soft noise. Try a fan, the “shushing” sound (Shh, shh, shh), soft music, or nature sounds.
- Babies love to suck. It is comforting to them! A pacifier or their hand—it is okay!
- Infants (especially newborns) tend to be noisy sleepers so try not to go to them or pick them up at the first noise you hear...they may go back to sleep on their own.
- Babies need to **LEARN** to soothe themselves. If you do go to them and the baby needs to eat, or needs a diaper change, keep the room as dark and quiet as you can.
- When your baby is calm, put the baby on his/her back to sleep in the crib.

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