



Safe Sleep Environments

Every Night ▼ Every Nap ▼ With Every Caregiver

Sudden infant deaths in Connecticut are largely attributed to unsafe sleep environments and related family risk factors.

Here are some strategies to reduce the risk of sudden infant death syndrome (SIDS) and other sleep-related preventable causes of death.

- ★ *Always place a baby on his or her back to sleep every night, every nap, and with every caregiver*
- ★ *Use a firm sleep surface in a safety-approved crib, bassinet or portable crib/play yard**
- ★ *Sitting devices, such as car safety seats, strollers, swings, and infant carriers should not be used for routine sleep in the home*
- ★ *Infants should share a room with adult caregivers without bed-sharing*



- ★ *Keep soft objects, toys and loose bedding out of your baby's crib or sleep area*
- ★ *Avoid smoke exposure during pregnancy and after birth*
- ★ *Avoid alcohol or illicit drug use during pregnancy and after birth*
- ★ *Breastfeeding is recommended*
- ★ *Consider the use of a pacifier at nap time and bed time*

- ★ *Avoid overheating — dress your baby in light sleep clothing*

* For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or www.cpsc.gov _

For additional information go to:

http://www.ctparenting.com/healthandsafety_safe_sleep.php

<http://www.nichd.nih.gov/sts>



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