



## Safe Sleep Top 10

**Safe sleep top 10 list: Make sure everyone who cares for your baby knows the safe sleep top 10! Tell grandparents, babysitters and other caregivers to always place him/her on his/her back to sleep in order to reduce the risk of SIDS.**

1. Always place your baby on their back to sleep at all times – for naps during the day and sleeping at night (even if you are watching him/her!)
2. Place your baby on a firm sleep surface, such as on a safety-approved crib mattress, covered by a fitted sheet. Never place him/her to sleep on pillows, quilts, sheepskins, or other soft surfaces.
3. Keep soft objects, toys, and loose bedding out of your baby's sleep area. Don't use pillows, blankets, quilts, and stuffed animals in his/her sleep area, and keep any other items away from his/her face.
4. Do not smoke around your baby or let others smoke around him/her either.
5. Keep your baby's bed close to, but separate from, where you and others sleep. He/she shouldn't sleep in a bed with adults or other children, but he/she can sleep in the same room as you. If you bring him/her into bed with you to breastfeed, put him/her back in a separate sleep area, such as a bassinet, crib, cradle, or bedside co-sleeper (infant bed that attaches to an adult bed) when finished.
6. Think about using a clean, dry pacifier when placing him/her down to sleep (because it has been shown to decrease the risk of SIDS), but don't force him/her to take it.
7. Do not let your baby get too hot while he/she sleeps. Dress him/her in light pajamas, and keep the room at a temperature that is comfortable for an adult.
8. Avoid products like infant positioners and pillows that say they reduce the risk of SIDS. Most have not been tested for usefulness or safety.
9. Do not use home monitors to reduce the risk of SIDS. If you have questions about using monitors for other medical reasons talk to your pediatrician.
10. Reduce the chance that flat areas will develop on your baby's head: give "tummy time" when he/she is awake and someone is watching him/her; change his/her direction in the crib from one week to the next; and avoid too much time in car seats, carriers, and bouncers.