

How to help everyone in the house get a good night's sleep:

Sleep time can be hard when you have an infant. Here are some time-tested tips for making bedtime easier.

- ▶ **Make daytime play-time** so that baby is sleepy at night.
- ▶ **Try to spend time outdoors every day.** Sunlight exposure helps babies stay awake and learn to be active and social during the day and to sleep at night when it is dark and quiet.
- ▶ **Create a calming bedtime routine** such as a warm bath, softly reading a book or singing to baby.
- ▶ **Keep focused when baby wakes at night** by doing just feeding and diaper changes - no play or fun time!
- ▶ **Pacifiers can help soothe a baby.** If you are breastfeeding, wait until your milk supply is well established before using a pacifier.
- ▶ **New babies are growing fast so they get hungry and want to eat** – usually around the clock! This is why they are awake at night and want to be fed. Expect that it may be a few months before your baby regularly sleeps through the night.
- ▶ **Wait a few minutes before you respond to baby's fussing** to see if they will fall back asleep on their own.

For more tips on getting your baby to sleep, or soothing a fussy baby, go to:

- **HealthyChildren.org**
The official parenting website of the American Academy of Pediatrics
- **Vermont Help Me Grow 2-1-1 x6**
- **MarchOfDimes.org**

Other ways you can protect your baby and keep her healthy:

- Breastfeeding is a great way to get your baby off to a healthy start.
- If you are a smoker, consider quitting. Call 1-800-QUIT-NOW.
- Keep up with all your baby's well child visits and immunizations.
- Practice safe sleep for your baby every time—at night and during naps.



Sometimes infant safe sleep is discussed along with Sudden Infant Death Syndrome (SIDS). SIDS is a term used for infants whose sudden death cannot be explained even after a thorough investigation. Researchers are still working to fully understand the cause of SIDS. The information in this pamphlet is to help parents and caregivers put their baby to sleep in a safe environment to reduce the risk of accidental suffocation.

FOR MORE INFORMATION

If you have questions about your baby's sleep, talk to your health care provider.

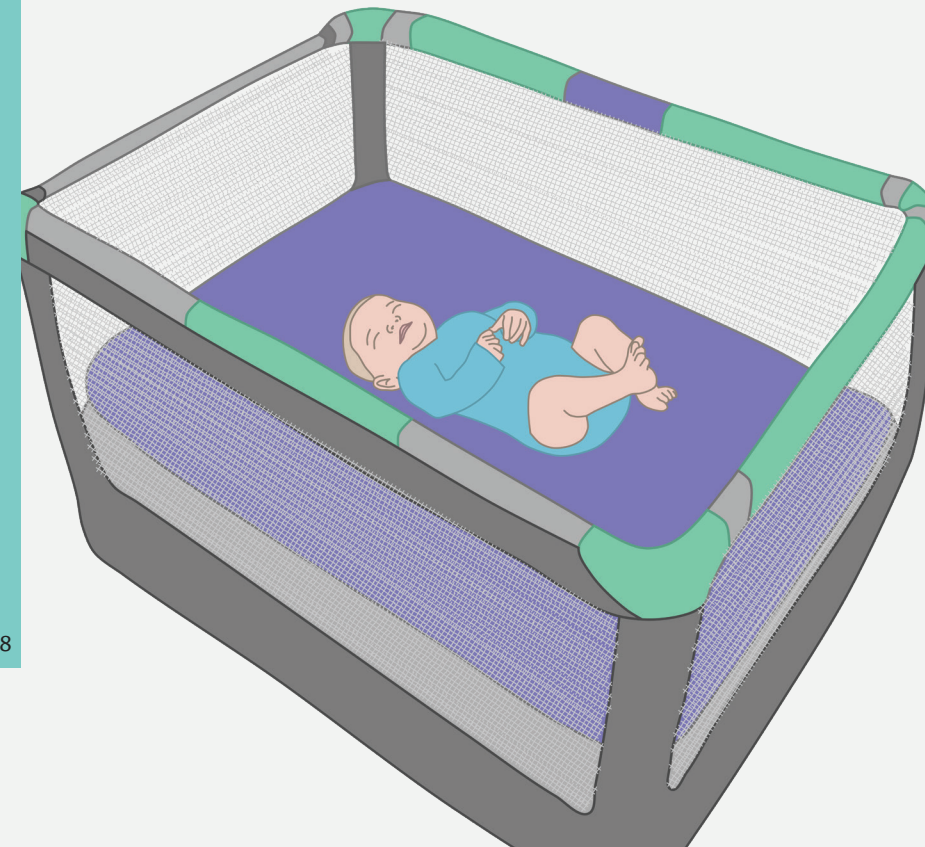
Visit the Vermont Department of Health's website:

- For information on safe sleep: healthvermont.gov/safesleep
- For information on finding a health care provider or parenting support: healthvermont.gov/local

October/2018

Keep Your Sleeping Baby Safe

Information for Parents and Caregivers of Infants



All parents care about their baby's safety

Every year in Vermont, a few babies die in unsafe sleep environments. This happens when the babies get into situations where they cannot breathe because something covers their mouths or noses. Some of these things may be blankets, pillows, toys, clothing, or even other people. Another danger is that babies can get wedged in mattresses, recliners or in couch pillows.

Parents can protect their babies by following the simple guidelines in this brochure.

These safe sleep guidelines help ensure that your baby's breathing remains clear and unobstructed, so that your baby does not get into a position that could cause injury.

Everyone who takes care of your baby—mom, dad, siblings, grandparents and sitters—should follow these safe sleep guidelines.



Safe sleep guidelines

for babies up to 1 year of age

- ▶ **Put your baby on their back to sleep,** every time—at night and for naps.
- ▶ **Keep your baby near you, but in their own crib.** Sharing your room, without sharing your bed, keeps baby close, comforted and safe.
- ▶ **Don't let your baby sleep on a couch, chair or adult bed.**
- ▶ **Keep the crib free of objects** such as stuffed animals, bumpers and blankets.
- ▶ **Don't use blankets, pillows or baby "positioners"** to prop your baby's head or body.

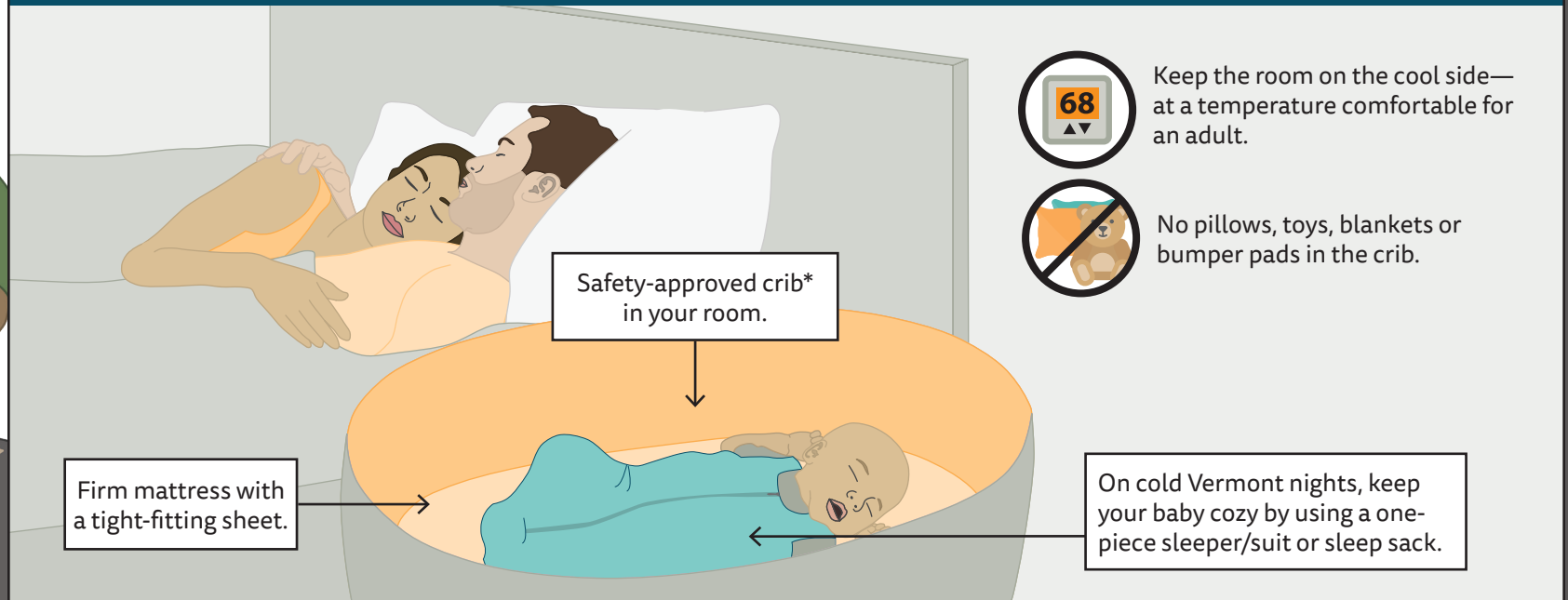


ALONE: Baby should sleep alone but in your room.

BACK: Always put infants to sleep on their backs.

CRIB: Only use a safety-approved crib.*

Here's what a safe sleep environment looks like.



*A "crib" can be a bassinet, a full sized crib or a portable crib (a collapsible travel crib). Other areas for sleep such as boxes or baskets are not considered safety approved by the established standards of the Consumer Product Safety Commission. For more information about crib safety and other baby products, visit www.cpsc.gov.