



Keeping your sleeping baby safe. A guide for parents.

Safe Sleeping Practices

- * Always place babies to sleep on their backs during naps and at nighttime.
- * Place your baby in a safety-approved crib.
- * The baby's crib should have a firm mattress, closely fitted to the sides of the crib, and a tight fitting sheet.
- * Do not over-dress or bundle the baby.
 - *Avoid letting the baby get too hot. The baby could be too hot if you notice sweating, damp hair, flushed cheeks, heat rash, and rapid breathing.
- * One light blanket, tucked at the bottom and sides of the crib, should be enough.
 - *Toys and other soft bedding, including fluffy blankets, comforters, pillows, stuffed animals, and wedges should not be placed in the crib with a baby. These items can impair the infant's ability to breathe if they cover his face.
- * Do not place babies to sleep on adult beds, chairs, sofas, waterbeds, or cushions.
- * A baby should sleep in a smoke-free home.
- * Never let a baby fall asleep in a bed or chair with someone who is smoking, is tired or ill, has taken medication that causes drowsiness, or is extremely overweight.
- * Breastfeeding has important health benefits for babies, but do it safely.
 - *When breastfeeding, make sure you are in a position that will allow you to stay awake while nursing the baby.
- * Consider offering a pacifier at naptime and bedtime throughout the first year of life.
- * For more information contact the Preble County General Health District at (937) 472-0087 ext. 226.

