



All Babies Deserve to Sleep Safely. Reduce the Risks.

Parents and caregivers can reduce the risks for accidental deaths by following these guidelines:

- ☺ Share your room - NOT your bed.
- ☺ Always place your baby on his or her back to sleep - for naps and at night.
- ☺ Use a firm sleep surface, covered by a fitted sheet.
- ☺ Your baby should sleep alone in his or her own sleeping area.
- ☺ Keep soft objects, toys, crib bumpers, and blankets out of your baby's sleep area.
- ☺ Use a dry pacifier that is not attached to a string.
- ☺ Keep all well-baby appointments.
- ☺ Place your baby on his or her stomach when awake and when someone is watching.



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Babies are at highest risk of accidental suffocation and strangulation in bed during the first 6 months of life. Co-sleeping increases this risk.

The American Academy of Pediatrics recommends room sharing - having the baby's sleep area in the same room next to the parent or caregiver. Babies should sleep on a separate surface such as a crib or bassinet. Room sharing is recommended for at least the first 6 months of life and up to a year.

To learn more about how babies sleep safely, visit:

 www.ffsp.navy.mil