

BABIES SLEEP SAFEST ON THEIR BACKS

**BACK TO SLEEP CAMPAIGN 1-800-505-CRIB
or www.nichd.nih.gov**

In Oregon every year about 30 infants die in their sleep due to unknown causes. If you are pregnant, the most important thing you can do for your baby's health is to quit smoking!

Do these things to make sure your baby is safe when sleeping:

- Make sure no one smokes in your home or around your baby.
- Always put your baby to sleep on its back for naps and at night.
- Put your baby on a firm mattress, do not put your baby on soft surfaces like:
 - » Sofas, or sofa cushions
 - » Waterbeds
 - » Beanbags
 - » Pillows
 - » Quilts
 - » Comforters
 - » Sheepskins
 - » Stuffed toys
 - » Bumper pads
- Keep your baby cool while sleeping. Do not use too many clothes or covers.

Some parents choose to sleep with their baby.

It is unsafe to sleep with your baby if you or your partner:

- Smoke.
- Have been drinking alcohol.
- Have taken any drug or medication that could make you extra sleepy.
- Are very tired or suffer from extreme exhaustion.
- Sleep on a soft surface
- Share the bed with pets or others.

Enjoy your baby! Remember, most babies are born healthy and most stay that way. Tummy time and other positions for baby are important when baby is awake and a responsible person is watching. If you have any questions about your baby's sleep position or health, talk to your doctor or nurse. Share this information with others!

For help with smoking, please call the Oregon Tobacco Quit Line: 1-877-270-7867

***For more information on crib safety guidelines see page 39 of this booklet.**

