

# Safe Sleep for Babies



**Always place your baby  
on his or her back for  
naps and at bedtime.**

Oregon  
**Health**  
Authority

PUBLIC HEALTH DIVISION  
Maternal and Child Health Program

# Facts about SIDS

## (Sudden Infant Death Syndrome)

- In Oregon, about 40 babies die in their sleep every year.
- The most important thing you can do for your baby's health is to quit smoking. For help, call the Oregon Tobacco Quit Line at 1-800-784-8669 or online at [www.quitnow.net/oregon](http://www.quitnow.net/oregon).
- Breastfeeding reduces your baby's risk of SIDS.

## Some parents choose to sleep with their baby.

### It can be unsafe to sleep with your baby if:

- Your baby is less than 12 weeks old.
- Your bed has pillows, quilts, or comforters.
- You share the bed with pets or other children.
- You or your partner:
  - Smokes
  - Has taken drugs, alcohol, or medications that make you sleepy
  - Are very tired or suffer from extreme exhaustion.

### To make sure your baby is as safe as possible:

- Put your baby to sleep on his or her back.
- Make sure no one smokes around your baby.
- Breastfeed your baby.
- Put your baby to sleep in the room where you sleep.
- Don't use pillows, blankets, quilts, sheepskins, stuffed toys, or crib bumpers anywhere in your baby's sleep area.
- Avoid placing your baby to sleep on soft things like couches or upholstered chairs, waterbeds, beanbag chairs, quilts or comforters.
- Talk with grandparents and other caregivers about this safe sleep information.
- A pacifier helps to reduce the risk of SIDS. If you are breastfeeding, wait until breastfeeding is going well (3-4 weeks) before offering a pacifier. It's okay if your baby doesn't want to use a pacifier, some babies don't like to use pacifiers. If the pacifier falls out after he falls asleep, you don't have to put it back in.

**Face up  
Face clear  
Smoke-free  
Baby near!**

**Please talk to your health care provider about any concerns you may have.**

**Contact for more information 971-673-0262**

**Visit Babies First! Safe Sleep for Babies at  
[www.healthoregon.org/safesleep](http://www.healthoregon.org/safesleep).**

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