

Safe Sleep for Babies

Infants 12-months and younger should always:

- Sleep on their back, on a flat firm surface
- Have no soft objects nearby (pillows, blankets, crib bumpers, stuffies, etc.)
- Be lightly dressed with no head covering - babies can overheat easily
- Sleep in a crib, bassinet, or portable crib that meets safety standards



How to help your baby sleep safer



Have the baby sleep near you on separate surface. Sleeping with your baby can be unsafe, especially if



you currently smoke or if you smoked during pregnancy.

you have taken drugs (including cannabis), alcohol, or medications that make you sleepy.

on a soft surface such as a chair, couch, or old mattress.



Make your car and home vape and smoke-free from tobacco, and cannabis (marijuana, hemp, weed, etc.)



Feed your baby human milk



Offer a pacifier



Talk with a trusted health care provider, nurse, or community health worker about how to keep your baby safer while sleeping.

More resources to help keep your baby safer while they sleep

Consumer Product Safety Commission

For safety tips, product recalls and other safety information, visit: <https://www.cpsc.gov/SafeSleep>



American Academy of Pediatrics

A collection of tools and resources to help provide education and on infant safe sleep. <https://www.aap.org/en/patientcare/safe-sleep/>



Oregon Safe Sleep Coalition

Information for parents, caregivers, and childcare providers about ways to reduce the risk for SUIDS and other sleep-related infant death. www.oregonsafesleep.org



Facts about SUID

Sudden Unexpected Infant Death

- Sudden unexpected infant death (SUID) includes sudden infant death syndrome, accidental suffocation and strangulation in bed, and other deaths from unknown causes.
 - In Oregon, about 30 babies die in their sleep every year.
 - A safe sleep environment can prevent some sleep related infant deaths.
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